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Mysore Style Cooking

by V. Sandhya

The Secret Yogic Recipes of Mysore, India

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Photography by Sandra Ramacher

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Elephant Publishing Pty Ltd
P.O. Box 1820
Noosaville Qld 4566
Phone: 0407 428 481
Email: sandra@elephantpublishing.com

Chief Executive: Sandra Ramacher

Recipes: V. Sandhya
Photographer: Sandra Ramacher
Styling: Marc Ramacher
Contributing writer: Renuka Shashidhar

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Readers should consult appropriate health professionals on any matter relating to their health and well being.

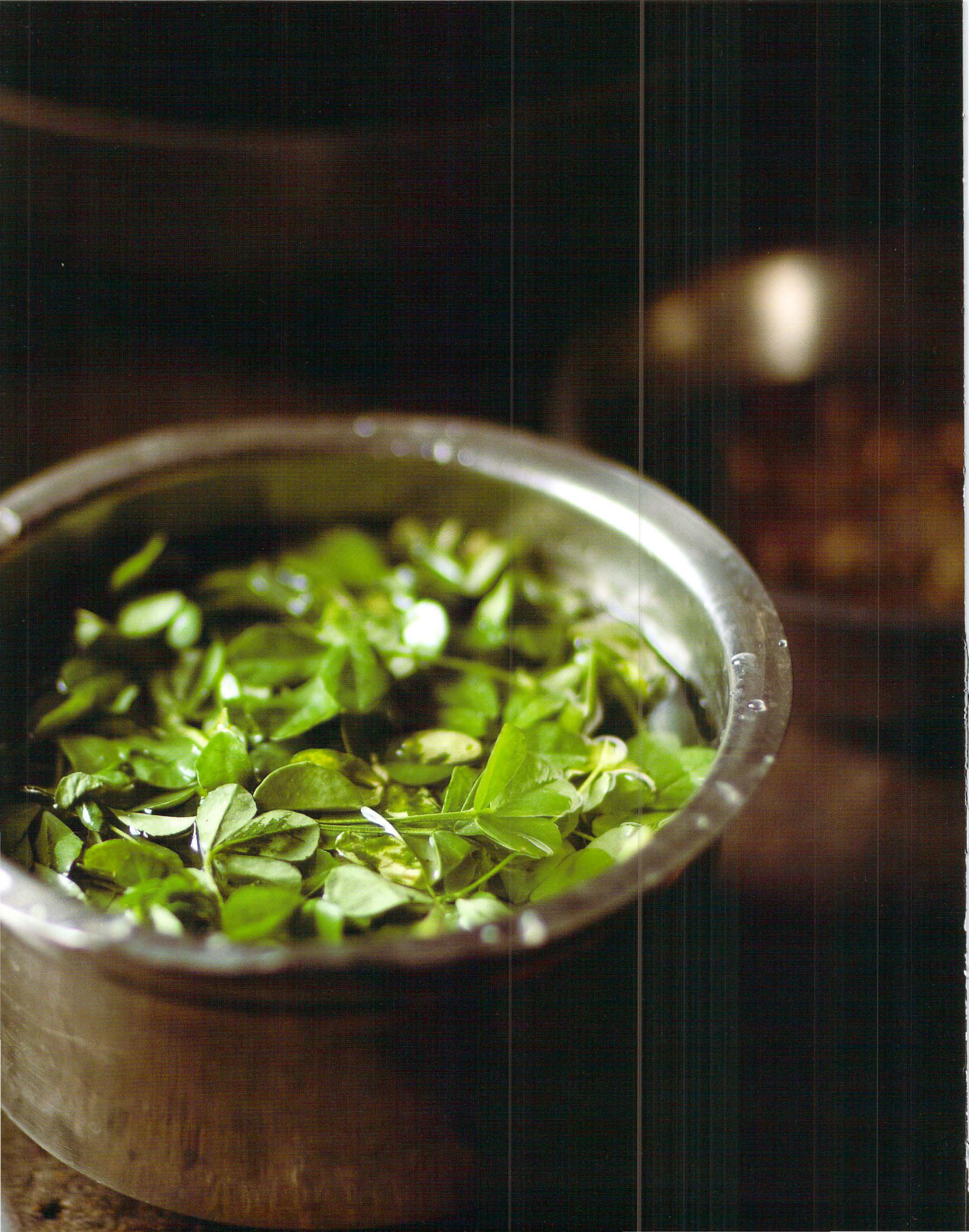
Mysore Style Cooking

The Secret Yogic Recipes of Mysore, India

by V. Sandhya

PHOTOGRAPHY BY SANDRA RAMACHER

Elephant Publishing



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श्रीभगवानुवाच ।

अहं वैश्वानरो भूत्वा प्राणनिां देहमाश्रतिः ।
प्राणापानसमायुक्तः पचाम्यन्नं चतुर्वधिम् ॥

अन्नपूर्णे सदापूर्णे शंकरः प्राणवल्लभे ।
ज्ञान वैराग्य सद्धिर्यर्थं भक्षिां देहि च पार्वती ॥

ब्रह्मार्पणं ब्रह्महवर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।
ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

Sri Bhagawanuvacha
Aham vaisvanaro bhutva
Praninam dehamasritha
Pranapana samayuktah
Pacamyannam caturvidham.

Annapurne sadapurne
Sankara pranavallabhe
Jnana vairagya siddhyartham
Bhiksam dehi ca parvati.

Brahmarpanam Brahmahavih
Brahmagnau brahamanahutam,
Brahmaivatena gantavyam
Brahmakarma samadhina
Om santih santih santih.

Bhojana Mantra

Abiding in the body of living beings as Vaisvanara, associated with prana and Apana, digest the four kinds of food.

Oh mother Parvathi, you are the bestower of food Annapurna, always full, the life-line of Lord Sankara; please give us both the boon of wisdom and renunciation..

The oblation is Brahman, the clarified butter is Brahman, offered by Brahman in the fire of unto Brahman verily he goes, who cognizes Brahman alone in his action.

Preface

Recipes are treasures well guarded amongst Indian families. Ms. V. Sandhya comes from a long line of celebrated culinary geniuses, who in the past only cooked for family and friends. Recipes were handed down like valuable heirlooms that Sandhya has decided to pass on to her much loved extended family of yogis. Yogis have been sharing Sandhya's home-restaurant since the early 90s and it was with their encouragement that she decided to open up her home and serve some of South India's best food.

And, there is so much more to it than that. Sandhya, having been a long-term student of Ashtanga Guru Sri K Pattabhi Jois, infuses her food with yogic spirituality as well as the knowledge passed down to her by her grandfather, a well-known Ayruvedic doctor. She trains students from all over the world in the art of her cooking and teaches them to handle the food with '*thoughtfulness*'. "Your thoughts will go into the food you cook. As you grind the paste or knead the dough you must be aware of your thoughts. Be calm and happy and your food will pass this on to your guest." This is Sandhya's mantra.

This book will provide you with recipes only ever shared amongst tight-knit family members, such as the sambar recipe or the dosa recipe that are both very specific to Sandhya and considered the best around. All the recipes are also considered Ayurvedically correct specifically designed with the yoga practitioner in mind. The traditional recipes of Mysore are presented here with little modification with respect to spices, to suit the yogic diet. Though these recipes are simple, natural and wholesome, this diet takes into account the subtle effect that food has on mind and body. A yogic diet brings inner peace to the body and mind and encourages spiritual progress. The recipes include grains, protein foods, fruits, vegetables, natural sweeteners and dairy products.

Ms. V. Sandhya hopes you will enjoy this book and may it improve your yoga practice, health, mind and spirit.

Ms V. Sandhya

V. Sandhya was born in 1953 into a family well versed in traditional Indian cooking. Many generations ago her family originated from Maharashtra, famous for its warriors. When the Mysore King needed warriors for his army he would seek out the Maharashtra warriors. Sandhya's mother formed her own unique blend of traditional Maharashtra and Mysore style cooking. Nevertheless when Sandhya developed an obsessive love for culinary pursuits her mother would often scold her to get out of the kitchen and have a life beyond that of cookery. When many years later she opened her restaurant in her home and became renowned for her unique dishes by yogis all over the world her mother finally accepted that this was an obsession Sandhya was never to be cured off.

Sandhya acknowledges that her mother's and grandmother's skills in the kitchen had a great deal to do with her success today. It was not unknown for her to spend hours being taught how to cut a vegetable into just the right size until perfection was achieved. Today she has taught this skill to her dedicated staff who are proud to be initiated into Sandhya's secret of achieving the unique and delightful flavors her dishes impart.

It was at the age of 15 when she developed some feminine health problems and her brother-in-law, who had been practicing Ashtanga yoga with Sri K Pattabhi Jois, suggested she should join him with the endeavor of curing her health issues. She continued to practice with Guruji until the age of 22 when she married.

It was not until her husband passed away that she was able to consider her future on her own. Through the inspiration of one particular Western yogini she became motivated to open her home to others and provide them with meals. She remembers with great emotion the standing ovation her first meal received. "I had always loved cooking, but in India sometimes it is taken for granted that you cook good food each day," she says. "It is so important to receive praise and acknowledgment for your efforts".

It was through the teachings of her beloved Guruji and his wife Savitramma that she developed her recipes into suitable meals for yogis and then also added some adjustments towards the Western palate, as Indian food tended to be much too spicy. Added to this was the knowledge that her grandfather, a famous Ayurvedic doctor, imparted to her on Ayurvedic diet.

Many of the recipes in this book have been in her family for generations. In most Indian households, each family develops some sort of unique way of creating dishes. The sambar powder is a very good example of this and Sandhya now shares her secrets with us so that we can recreate a little of Mysore and Sandhya at home.

Foreword

I am most honored and pleased to be asked to introduce this book on the cooking genius and love which goes into the food presented by my dear friend Sandhya.

Sandhya has been offering up Sattvic food (that which is pure, clean and wholesome) to the yoga community here in Mysore for more than ten years now. Meals are served "family style" in her home. It is always a joy to come to Sandhya's home and see who shows up at the table.

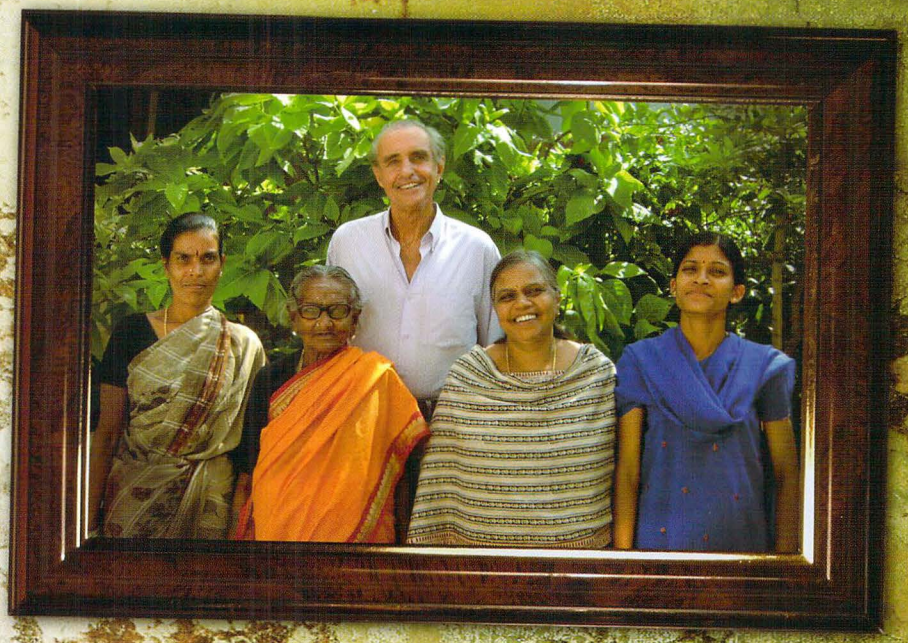
Sandhya used to study Ashtanga Yoga with my dear friend and yoga guru Sri K Pattabhi Jois more than thirty years ago. Many of the skills and recipes in Sandhya's repertoire were learned as a young woman from Guruji's most lovely wife Amaji. She has stayed in close contact with the Jois family and the yoga students for these many years.

Sandhya has been promising us this book of cooking wisdom for quite some time. I would like to take this opportunity to thank her, on behalf of the yoga community, for her many years of joyous service and quite simply the "best table in south India", if not the whole of India.

With Love and Gratitude,

Joseph Dunham

In memory of Joseph Dunham who passed away in June 2010.



Introduction

Sandhya is a wonderful lady and a personal hero of mine - I must have eaten at her house literally hundreds of times, over the years. She continues to provide a much-needed oasis of flavor and health in Mysore.

I first started eating lunch at Sandhya's in 2002 or 2003 I think, on my first visit to Mysore to practice at the then-called Ashtanga Yoga Research Institute with Guruji and Sharath. Sandhya offered a freshly made buffet of exquisite Southern Indian dishes with the essential difference that they were not over-spiced, they were not oily, and yet they were absolutely delicious. Needless to say, I quickly became a fan and would eat my lunch there as often as possible.

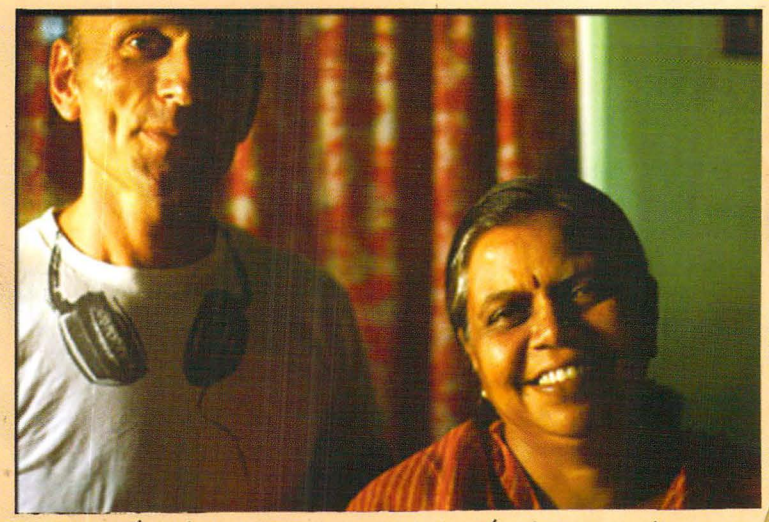
I started urging Sandhya to write down her recipes for me on another early visit to Mysore. She showed me a few random photocopied pages of recipes she had and allowed me to stand in her kitchen one lunch time to scribble down as best as I could a few others. I was on a bit of a raw food kick at the time and started making some of Sandhya's salads with a fair degree of success.

Then in 2009, I offered to write Sandhya's cookbook. She had concerns; her English was not good enough, who would take the pictures, who would organize the printing, etc. We came to an agreement that if she could provide me with the recipes, written out by hand, I would do the rest. She spent many a late night laboring over the pages and I dutifully typed then up, with my friend Odin and I taking the pictures. I thought I would engage a local Mysore printer. However, when I met up with some printers I realized I was lost in a world I knew nothing about.

My Mysore trip was over and it was time to return home. I hadn't finished typing up all the recipes, so I resolved to finish the job at home and broach the worrisome subject of the printing at a later date. Unexpectedly, Joseph Dunham got in touch to tell me that another student and Sandhya fan, Sandra Ramacher, who was publisher from Australia wanted to take over the project. It was with a mixture of relief and a little sadness that I passed over the project to Sandra.

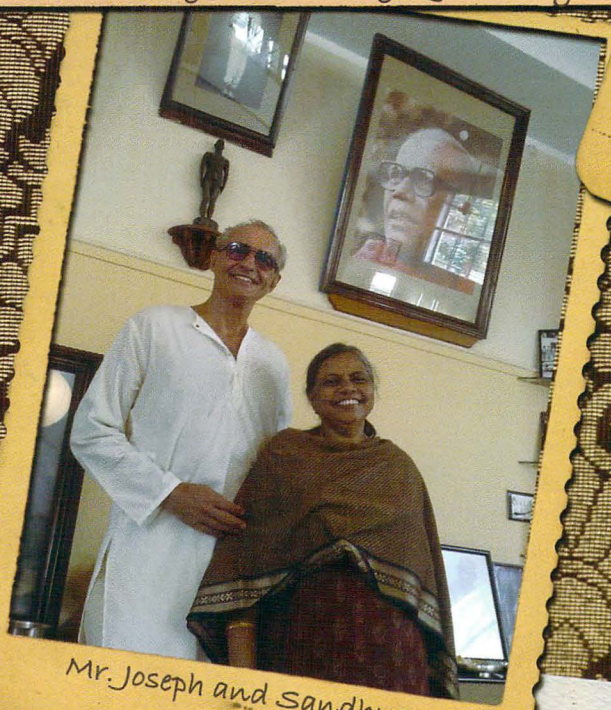
Sandhya's cookbook is so needed in this world of awful, poisonous food and I hope that with its publication, her fame will spread and her unique and wondrous recipes will be replicated in kitchens all over the world.

Nigel Marshall, Authorized Ashtanga Teacher

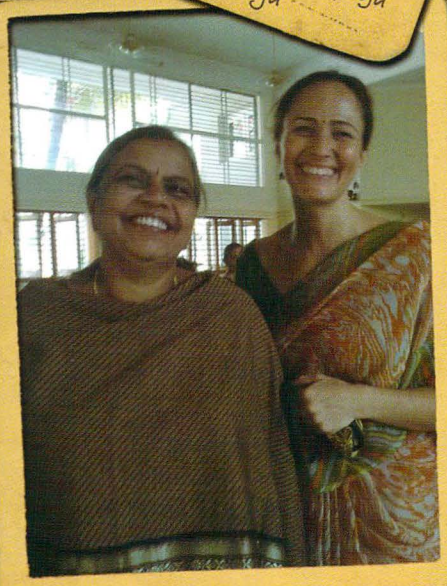


Authorized Ashtanga Teacher Nigel & Sandhya

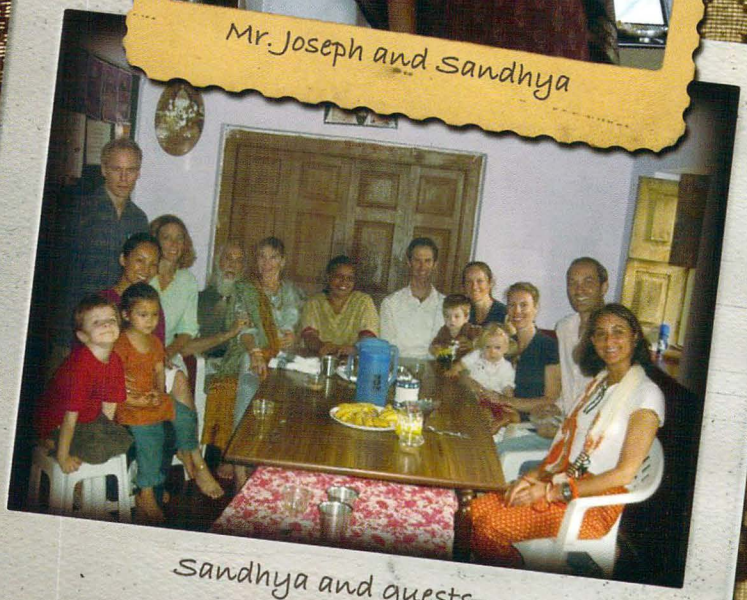
Saraswati Co-director Ashtanga Yoga Institute & Sandhya



Mr. Joseph and Sandhya



Sandhya & Elizabeth



Sandhya and guests

Sandhya is just great. She's a beautiful person and an incredibly skilful and knowledgeable cook, and teacher of cooking. It's a privilege to be able to call her a friend, and I feel very blessed to have had the opportunity to sit at her table for lunch so many times.

Liz (May 2010)

Rava Uppittu

Uppittu is a very light dish, just like porridge in the West. Indians have uppittu for breakfast, as it is easy to make and digest. It is consumed best with dosas.

In this dish lime will give a much tangier taste than tomato, but both are very tasty.

Ingredients

Serves 2

1 cup semolina
1 cup mixed vegetable - peas, carrot, green beans, potatoes, cauliflower, chopped
½ cup tomato, chopped or
½ lemon, juiced or ½ lime
2 Tbs coconut, grated
½ tsp fresh ginger, grated
2 Tbs coriander leaves
3 cups water
salt to taste

Tempering

4 Tbs oil
½ tsp black mustard seeds
2 tsp black gram dhal (skinned & split)
2 tsp bengal gram dhal (split)
8-10 curry leaves
1 green chilli, chopped
1 pinch asafetida

Method

1. Fry semolina in a frying pan without oil until it turns golden brown. Set it aside.
2. To prepare the tempering, heat oil in a heavy-bottomed pot. Add black mustard seeds, black gram dhal, bengal gram dhal and fry till golden brown. Now add curry leaves and chilli. Fry for a few seconds and add asafetida.
3. Add the chopped vegetables as well as the tomato and fry for a minute. Add water, bring it to boil. Now lower the flame and slowly add semolina. When adding semolina stir gently so that no lumps are formed. Mix well and cook for another few minutes on a low flame.
4. Add grated coconut and ginger stirring constantly and then cover with the lid. Continue to cook for another 5 minutes. Turn off the flame and add chopped coriander. Mix well.
5. Add salt to taste. Serve hot.

Note: If you are using lemon juice (lime juice) instead of tomato, add lemon juice (lime juice) after turning off the flame.

Avalakki Uppittu (Beaten Rice Uppittu)

Asian people are very fond of rice and since it is plentiful and cheap to buy we have made different uses of it, such as broken rice and pounded rice.

Ingredients

Ingredients

Serves 2

2 cups beaten (pounded) rice
½ cup carrots, chopped
½ cup green beans, chopped
½ lemon, juiced
2 Tbs coriander leaves
2 Tbs coconut, grated
1 cup water
salt to taste

Tempering

4 Tbs oil
½ tsp black mustard seeds
2 tsp black gram dhal (skinned & split)
2 tsp bengal gram dhal (split)
8-10 curry leaves
1 green chilli, chopped
1 pinch asafetida
¼ tsp turmeric

Method

1. Wash and soak the beaten rice in 1 cup of water till soft and the grains are separated. Soaking may take approximately 10 minutes. Drain and keep the water and rice aside.
2. To prepare the tempering heat the oil in a heavy-bottomed pot and add the black mustard seeds. When they begin to splutter add the black gram dhal and bengal gram dhal and fry until the dhal turns golden brown. Add curry leaves and chilli and fry for a few seconds. Then add the add asafetida and turmeric.
3. Add all the chopped vegetables and fry for a minute. Add beaten rice and retained water and mix it gently. Then cover with the lid. Allow to cook for 5 minutes on a low flame.
4. When it is done add grated coconut. Turn off the flame and add lemon juice and chopped coriander. Mix well.

Salt to taste. Serve hot.

Broken Rice Uppittu

Broken rice is simply rice that has been broken during the milling process. If you cannot find it in your local Indian grocer, you can make it yourself by grinding 1½ cups of rice in a coffee grinder or ask for suva rice at an Indian grocer. Then sift the rice to remove any powder. Broken rice has a different texture when cooked to whole rice.

Ingredients

Serves 2

1 cup broken rice
½ cup peanuts, soaked for 2 hours
½ tsp cumin seeds, coarsely ground
½ tsp black pepper, coarsely ground
2 Tbs coconut, grated
½ tsp fresh ginger, grated
½ lemon, juiced
2 Tbs coriander leaves
3 cups water
salt to taste

Tempering

4 Tbs oil
½ tsp black mustard seeds
2 tsp black gram dhal (skinned & split)
2 tsp bengal gram dhal (split)
8-10 curry leaves
1 green chilli, chopped
1 pinch asafetida

Method

1. Fry broken rice in a frying pan, without oil, for about 2-3 minutes, until the rice is warmed through. Keep it aside.
2. To prepare the tempering, heat the oil in a heavy-bottomed pot and add black mustard seeds. When the mustard seeds begin to splutter, add the black gram dhal and bengal gram dhal and fry until the dhal turns golden brown. Now add curry leaves and chilli. Fry for a few seconds and add asafetida. Add soaked peanuts, cumin and black pepper. Fry for a minute.
3. Add water and bring it to boil. Lower the flame and slowly add broken rice. When adding broken rice stir gently so that no lumps are formed. Cook for another few minutes stirring frequently.
4. When broken rice starts simmering add grated coconut and ginger. Mix well and cover with the lid. Continue to cook for another 5 minutes. Turn off the flame add lemon juice and chopped coriander. Mix well.

Salt to taste. Serve hot.

Sabbakki Uppittu (Tappioca Uppittu)

This is a dish my mother used to make, and I pass it on here without any modifications. It is a traditional dish and was prepared especially during fasting. It can be consumed as one complete meal either in the morning or evening. During fasting the dish must not contain fresh vegetables. It should have only roots and tubers.

Ingredients

Serves 2

250 g (8 oz) pearl tapioca
2 Tbs coconut, grated
2 Tbs fresh coriander leaves, chopped
½ cup peanuts, crushed
250 g (8 oz) potato, finely chopped
salt to taste

Tempering

3 Tbs oil
2 tsp cumin seeds
1 green chilli, chopped
8-10 curry leaves
1 pinch asafetida

Method

1. Wash and soak sabbakki (tapioca) for 10 minutes or until each grain has become soft. It should not be sticky. Drain excess water. Keep it aside for 4 hours.
2. In a small pan fry the peanuts without oil until they start to brown.
3. Before cooking the sabbakki (tapioca) mix it with the grated coconut, coriander leaves and peanuts.
4. To prepare the tempering, heat the oil in a heavy-bottomed pot on low heat and add cumin seeds, chilli, curry leaves and asafetida and fry for a few seconds.
5. Add chopped potatoes with a little salt and fry for a few minutes. Cover with the lid and cook for 10 minutes stirring occasionally.
6. Add sabbakki (tapioca) and salt to taste and cover with the lid again, stirring occasionally. Cook for 10 minutes.

Serve hot.

Note: You can plan this dish for breakfast by soaking sabbakki (tapioca) for 10 minutes, drain and keep covered overnight.

बिजनेस

Dosas

Not all dosas are created equally. The best dosas are slightly crispy and not oily. I have been told that these are the best dosas in India. I have tried to explain as best I can how to make them, including some of the small steps, such as drizzling oil onto edges of the dosa, which will create a slightly crispy edge.

Ingredients

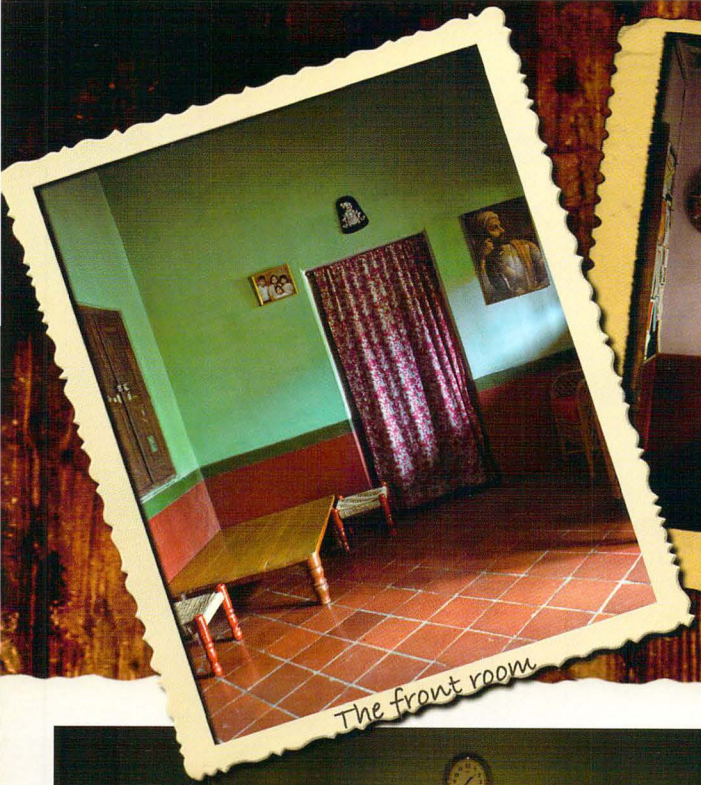
Makes 6-8

2 Tbs pounded rice
1 cup ponnie or arborio rice
1 cup boiled rice (idly rice)
2 Tbs black gram dhal (skinned & split)
1 Tbs bengal gram dhal (split)
1 tsp fenugreek seeds

Method

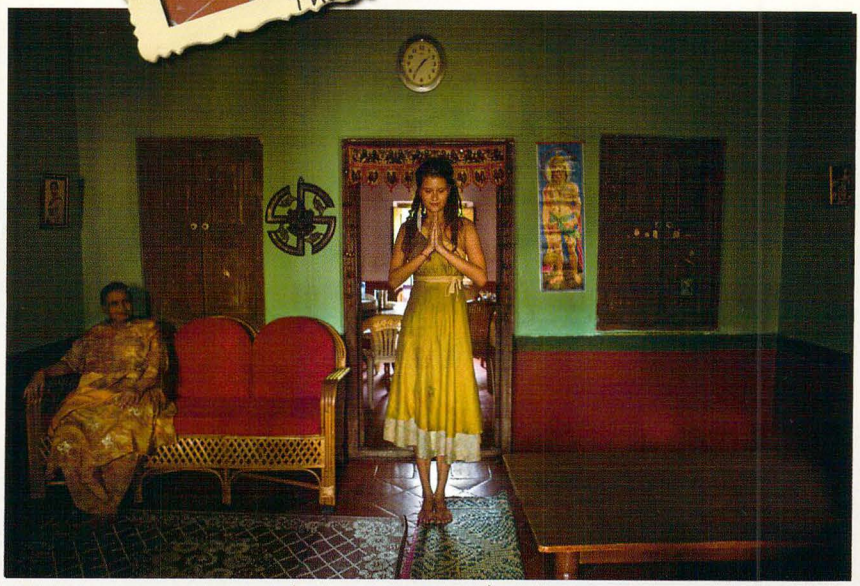
1. Combine all the ingredients in a bowl and cover with filtered water. Leave soaking for 8-10 hours.
2. Drain the water and then add 1-2 cups of fresh water and blend in an electric food processor until the mixture becomes smooth and is pouring consistency. It should cover the back of a spoon and be similar consistency to crepe batter.
3. Place in a warm area (about 30°C/86°F). If necessary use a small table lamp inside a cupboard and measure the temperature. If the temperature is less it will take longer to ferment the batter; and if the temperature is too high it will result in a sour taste. Leave to ferment overnight.
4. The next day add salt to taste.
5. Heat a crepe pan or a traditional Indian iron flat pan on high with a few drops of oil. Spread the oil thinly across the pan with a brush then lower the heat.
6. Pour in about ¼ cup of batter and spread evenly using the bottom of a small flat bowl.
7. Drizzle oil onto the edge of the dosa and cover with a lid for a few seconds.
8. Then loosen dosa edges with a spaturla and flip it over if you like your dosa crispy, otherwise do not flip over.

Serve hot with various chutneys or any of your favorite sweet or savory toppings.

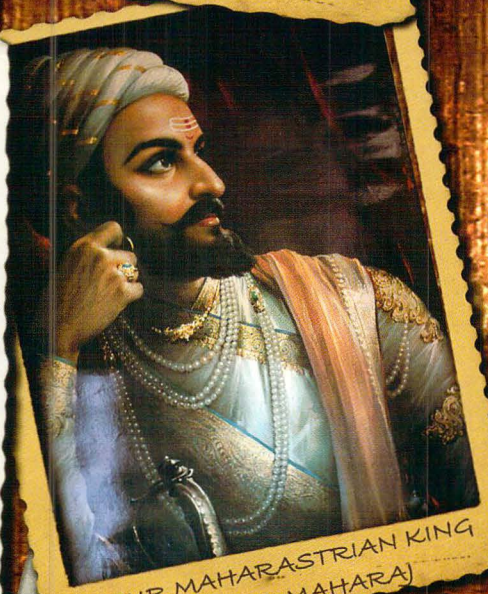


The front room

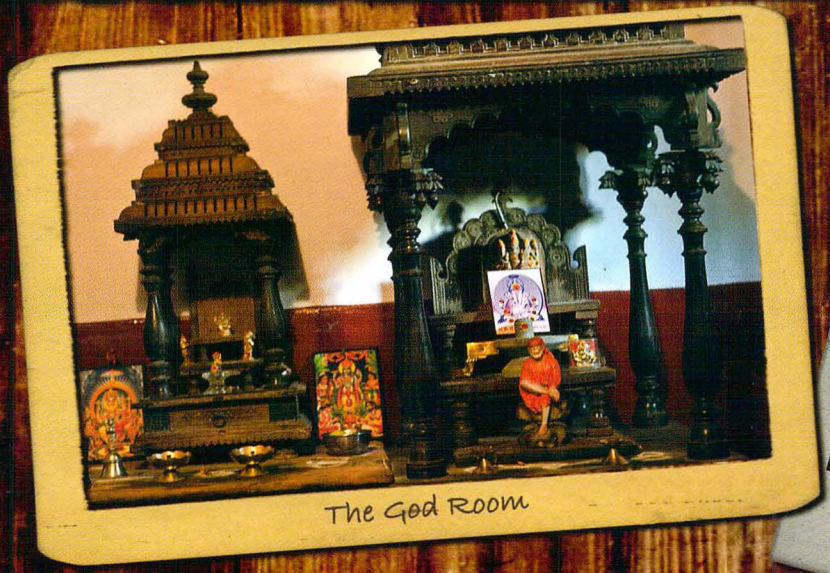
The main dining room



Welcome to Sandhya's



OUR MAHARASTRIAN KING SHIVAJI MAHARAJ



The God Room

Relax

My House - My Sanctuary

My house is my sanctuary. Here I invite the wonderful yogis from all over the world to share my food that I have especially catered towards the Western yogi taste.

My grandfather taught me about Ayurveda and its healing properties. Today I still live in the house that I inherited through my father from him. The house is over 80 years old and I was born and brought up in this house. It is as if it is part of me and many people have wondered whether I would ever change it. I love it just the way it is, even though it is not modern. Everything in it is original and apart from the occasional coat of paint it will stay as it always has.

Lady's Finger (Okra) Palya

If you like spicy palyas here are some delicious South Indian palyas cooked with coconut and different types of spices. They are simple and nutritious. The food retains the basic essence of its flavor. Some of the vegetables used are chow chow, knol khol or cabbage, beetroot, green peas, carrots, cauliflower and potatoes; red chilli paste and coconut paste are also included.

Ingredients

Serves 4

1 kg (35 oz) lady's finger (okra)
2 large tomatoes, chopped
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
¼ tsp sugar, jaggery or honey
salt to taste
1 Tbs coconut, grated

Tempering

3 Tbs oil
½ Tbs black mustard seeds
1 tsp bengal gram dhal (split)
1 tsp black gram dhal (skinned & split)
1 pinch asafetida

Method

1. Wash the bengal gram dhal and black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash and dry the okra. Chop into 1 cm (½ in) pieces and set aside.
3. To prepare the tempering, heat the oil in a heavy-bottomed pot over low heat and add the black mustard seeds. When they start to splutter, add the bengal gram dhal and black gram dhal, and stir. Fry until the dhal turns golden brown, then add the asafetida.
4. Add the okra and mix well. Fry for 10 minutes, stirring continuously to prevent the okra from burning or becoming soggy.
5. Add the tomatoes, red chilli powder, coriander powder, turmeric powder, sugar, jaggery or honey, and salt to taste. Mix in the coconut and cook uncovered, stirring gently, for 10 minutes until the okra becomes soft.
6. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or rice.

Snake Gourd or Ridge Gourd Palya

Snake gourd is very popular in India as it is high in fiber and carotene. Just about every part of the plant is used in alternative healing. The root can be used as a purgative and help eliminate constipation. Ridge gourd is also known as lufa and is harvested before maturity to be eaten as a vegetable. After it has matured the spongy interior is dried and used for polishing the skin.

Ingredients

Serves 4

1 kg (2 lb) snake gourd or ridge gourd
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
2 Tbs coconut, grated
salt to taste

Tempering

2 Tbs oil
½ Tbs black mustard seeds
1 pinch asafetida
2 Tbs bengal gram dhal (split)

Method

1. Wash the bengal gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash and chop snake or ridge gourd into 1 cm (½ in) pieces and set aside.
3. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida and bengal gram dhal. Fry for a few seconds.
4. Add the chopped snake or ridge gourd and stir for 5 minutes. Add the red chilli powder, coriander powder, turmeric powder, coconut and salt to taste. Mix well, and if the gourd seems dry add a little water. Cover with the lid and cook for 10 minutes, or until the gourd becomes tender.

When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Masala Beans Palya

The term masala refers to a blend of spices that are generally dry roasted, or combined into a paste.

Ingredients

Serves 4

500 g (17 oz) green beans
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
salt to taste
250 ml (8 fl oz) water
1-2 tomatoes, chopped
1 Tbs coconut, grated

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 pinch asafetida

Method

1. Wash and chop the green beans. Set aside.
2. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add asafetida. Fry for a few seconds.
3. Add chopped green beans, red chilli powder, coriander powder, turmeric powder and salt. Fry for a few minutes. Add the water, then cover with the lid and cook for 10 minutes or until the beans become soft.
4. Add the chopped tomatoes and grated coconut, mix well, and fry for a few more minutes.
5. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis, dosa or, rice.

Chow Chow Palya

Chow chow is also known as choko or chayote and is sometimes used in sweet dishes as well as savory dishes.

Ingredients

Serves 2

2 Tbs bengal gram dhal (split)
500 g (17 oz) chow chow
250 ml (8 fl oz) water
salt to taste

Ingredients for ground paste

¾ cup coconut, grated
1 cm (½ in) piece cinnamon
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder

Tempering

2 Tbs oil
½ tsp black mustard seeds
1 pinch asafetida

Method

1. Wash the bengal gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash and peel the chow chow. Remove the seed and chop the flesh into small pieces. Set aside.
3. Grind the five ingredients for the paste with a little water until smooth. Set aside.
4. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida.
5. Add the soaked bengal gram dhal, fry for a few seconds. Then add the chow chow, ground paste and salt to taste and mix well. Add the water, cover with the lid and cook for 10 minutes. Remove lid and stir well. If the chow chow seems dry add a little water and cover with the lid again and cook for another 10 minutes, or until the chow chow becomes tender.
6. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Beetroot Palya

Beetroot is very rich in iron and helps to build up haemoglobin, therefore great for anemic patients. It also aids digestion.

Ingredients

Serves 2

500 g (17 oz) beetroot
250 ml (8 fl oz) water
salt to taste

Ingredients for ground paste

¾ cup coconut, grated
1 cm (½ in) piece cinnamon
1 red chilli
½ tsp coriander powder
¼ tsp turmeric powder
4 black peppercorns
¼ tsp cumin seeds
1 clove

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 pinch asafetida

Method

1. Wash and chop the beetroot into small pieces. Set aside.
2. Grind the eight ingredients listed to a fine paste with a little water. Set aside.
3. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida.
4. Add the beetroot and fry for a few seconds. Add the ground paste and salt to taste. Mix well. Add the water, cover with the lid and cook for 10 minutes or until the beetroot has become tender.
5. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Knol Khol or Cabbage Palya

Knol khol is a root vegetable grown similar to a turnip. It is light green in color. In some countries it is also known as kohlrabi and can be green or red. In Kannada it is known as Geddi Kosu or Navilu Kosu.

Ingredients

Serves 4

2 Tbs bengal gram dhal (split)
500 g (17 oz) knol khol or cabbage
250 ml (8 fl oz) water
salt to taste

Ingredients for ground paste

¾ cup coconut, grated
1 cm (½ in) piece cinnamon
1 red chilli
1 tsp coriander powder
¼ tsp turmeric powder
½ cm (¼ in) piece ginger root, grated

Tempering

1 Tbs oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Wash the bengal gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash and chop the knol khol or cabbage into small pieces. Set aside.
3. Grind the six ingredients listed to a fine paste with a little water. Set aside.
4. Prepare the tempering by heating the oil over low heat in a small pan. Add the black mustard seeds, and when they start to splutter add the asafetida.
5. Add the bengal gram dhal and fry for a few seconds. Add the knol-khol or cabbage, ground paste and salt to taste. Mix well. Add the water, cover with the lid and cook for 10 minutes or until the knol khol or cabbage has become tender.
6. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Chickpea, Potato, Cauliflower Palya

Channa masala powder should be available in most Indian grocery stores.

Ingredients

Serves 2

220 g (8 oz) green gram dhal (whole chickpeas)
250 ml (8 fl oz) water
salt
155 g (5 oz) potatoes
155 g (5 oz) cauliflower
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
1 tsp channa masala powder
1 large red capsicum, chopped
1 Tbs fresh coriander leaves, finely chopped
salt to taste

Ingredients for ground paste

¾ cup coconut, grated
4 tomatoes, chopped

Tempering

2 Tbs oil
1 tsp black mustard seeds
1 pinch asafetida
1 tsp cumin seeds

Method

1. Soak the chickpeas over night. Discard the soaking water, and then cook the chickpeas with the fresh water and salt, covered, for 1 hour in a heavy-bottomed pot or 12 minutes in a pressure cooker. Do not drain the liquid, set aside.
2. Wash the potatoes and cauliflower and chop into 1 cm (½ in) pieces. Set aside.
3. Grind the coconut and tomatoes to a fine paste with a little water. Set aside.
4. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida and cumin seeds.
5. Add the chickpeas with their water, the ground paste and salt to taste. Fry for a few seconds, then add the potatoes, mix well and cook for 5 minutes. Add the cauliflower and cook for another 5 minutes. Add the red chilli powder, coriander powder, turmeric powder and channa masala powder, stir well, then add the capsicum and coriander. Mix well and cook for another 5 minutes.

When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Carrot Dill Palya

In palyas the vegetables are cooked in a very simple way. These palyas are non-spicy and cooked in a balanced way so that the vegetables retain the color and the basic aroma. These kinds of palyas are good for children also.

Ingredients

Serves 2

1 bunch dill
500 g (17 oz) carrots
1 Tbs coconut, grated
250 ml (8 fl oz) water
salt to taste

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 tsp black gram dhal (skinned & split)
1 green chilli or
½ tsp ground black pepper
1 pinch asafetida

Method

1. Wash the black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Finely chop the dill. Set aside. Wash the carrots and chop into small pieces. Set aside.
3. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida and the black gram dhal and fry until golden brown. Add the green chilli or pepper and chopped dill and fry for a few seconds.
4. Add the carrot, coconut and salt to taste and fry for a few more seconds. Add the water, mix well, cover with the lid and cook for 10 minutes or until the carrot becomes soft.

When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Pumpkin Palya

In this dish, nothing goes to waste. I cook the pumpkin in its skin, it softens just as much as the flesh and is just as delicious. But if you cannot get used to this idea, it is quite all right to peel the pumpkin first. Any kind of pumpkin is good for this dish.

Pumpkin is loaded with betacarotene, which converts into vitamin A when eaten. Vitamin A is a powerful antioxidant.

Ingredients

Serves 4

500 g (17 oz) pumpkin
60 g (2 oz) red capsicum
1 Tbs coconut, grated
salt to taste

Tempering

2 Tbs oil
½ tsp black mustard seeds
1 Tbs bengal gram dhal (split)
1 tsp black gram dhal (skinned & split)
1 pinch asafetida
8-10 curry leaves

Method

1. Wash the bengal gram dhal and black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash the pumpkin and chop it, either in its skin or peeled, into 2½ cm (1 in) pieces. Set aside. Wash and chop the capsicum into small pieces. Set aside.
3. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the bengal gram dhal and black gram dhal and fry until they turn golden brown. Add the asafetida and curry leaves and mix well.
4. Add the capsicum and fry for a few minutes, and then add the pumpkin, coconut and salt. Mix well and fry for a few seconds. Cover with the lid and cook for 10 minutes, until the pumpkin becomes soft, stirring occasionally to prevent it sticking to the pot.

When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Note: Pumpkin can cook without water. However, to keep it moist while it is cooking, it may be necessary to sprinkle a little water over it.

Green Beans Palya

Ingredients

Serves 4

500 g (17 oz) green beans
1 Tbs coconut, grated
250 ml (8 fl oz) water
salt to taste

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 tsp black gram dhal (skinned & split)
1 pinch asafetida
1 green chilli or
1 red chilli or
½ tsp ground black pepper

Method

1. Wash the black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash and chop the green beans into small pieces. Set aside.
3. Slit the chilli lengthwise. Set aside.
4. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida, then the black gram dhal and fry until it turns golden brown. Add the chilli or black pepper and fry for a few seconds.
5. Add the green beans, coconut and salt and mix well. Fry for a few seconds, then add the water. Cover with the lid and cook for 10 minutes, until the green beans become soft.
6. When it is ready, transfer to a serving bowl.

Serve hot with rotis, chapattis or with rice.

Potato Palya

Potato palya is stuffed inside the masala dosa. This delicious South Indian palya can also be used as a side dish for rice, chapatti and roti.

Ingredients

Serves 4

500 g (17 oz) potatoes
250 ml (8 fl oz) water
1 green chilli or
60 g (2 oz) green capsicum
¼ tsp turmeric powder
1 Tbs coriander leaves, chopped
salt to taste

Tempering

2 Tbs oil
½ tsp black mustard seeds
1 tsp bengal gram dhal (split)
1 tsp black gram dhal (skinned & split)
1 pinch asafetida
8-10 curry leaves

Method

1. Wash the bengal gram dhal and black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash the potatoes, cut into chunks, put them into a pressure cooker with water, and cook for 5-7 minutes. Otherwise cover with water in a heavy-bottomed pot and cook for 15-20 minutes, until potatoes are soft. Peel and mash the potatoes roughly and set aside.
3. Slit the green chilli lengthwise or chop the capsicum into small pieces. Set aside.
4. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the bengal gram dhal and black gram dhal and fry until they turn golden brown. Add the asafetida and curry leaves.
5. Stir in the green chilli or capsicum, turmeric powder and salt and fry for a few minutes.
6. Add the mashed potato, mix well, and then cook for a few more minutes.

Transfer to a serving bowl and garnish with the coriander leaves.

Serve hot with rotis, chapattis, dosa, or rice.

Stuffed Brinjal (Eggplant) Palya

The smaller brinjals are ideal for this recipe, as they look nice when served. Keep the stem while cooking and discard before eating. Brinjals on their own have a bitter taste but the spices eliminate this taste. This is a delicious dish served with rotis or chapattis.

Ingredients

Serves 4

1 capsicum, chopped into 1 cm (½ in) pieces
500 g (17 oz) small brinjals (eggplants)
250 ml (8 fl oz) water
2 tomatoes, chopped into 1 cm (½ in) pieces
1 tbsp coconut, grated
1 tsp fresh coriander, finely chopped

Ingredients for stuffing

2 Tbs peanuts
2 Tbs white sesame seeds
1 tsp cumin seeds
¼ tsp fenugreek seeds
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
salt to taste

Tempering

3 Tbs oil
1 tsp black mustard seeds
8-10 curry leaves
1 pinch asafetida

Method

To make the stuffing

1. Roast the peanuts without oil. Set aside. Roast the sesame seeds, cumin and fenugreek seeds, without oil, until they turn golden brown. Set aside and allow to cool.
2. Grind the above ingredients and combine with the red chilli powder, coriander powder, turmeric powder and salt to taste. Set aside.
3. Slice the brinjals lengthwise four times without cutting through to the middle. Fill with the stuffing and set aside.
4. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the curry leaves and asafetida.
5. Add the capsicum and fry for 2-3 minutes. Add the stuffed brinjals and fry for 5 minutes turning them gently. Add the water and cover with the lid. Cook for 10 minutes or until brinjals become soft.
6. Add the tomatoes and coconut and mix well. Stir delicately so that the brinjals do not break. Fry for a few more minutes.
7. When ready, transfer to a serving bowl and garnish with coriander leaves. Salt to taste.

Serve hot with rotis, chapattis and dosa or with rice.

Tuvar Dhal, Mung Beans, Green Beans & Dill Paliya

As India has many villages, every geographical area has different vegetables and pulses growing. According to the availability of the vegetables and grains, farmers make the best use of them by including all of them in their diet during that particular season. Here in South India we have many farmers' dishes that contain seasonal green leaf vegetables like spinach, leaf of radish, dill, and many more, using them in different combinations with tuvar dhal, mung bean dhal and many other beans and dhals.

In the southern part of Karnataka farmers use rice and ragi as a main dish with the sambar made of these dhals and vegetables. Even palya also includes green leaf vegetables and dhals. Here ragi is powdered and used as ragi thick paste and ragi roti.

In the northern part of Karnataka farmers use rice, maize, millet, milo, wheat with sambar and palyas. Maize, millet, milo and wheat are powdered and prepared as rotis.

This dish is an example of a farmer's delight dish.

Ingredients

Serves 2

250 g (8 oz) green beans
1 bunch dill
4-5 Tbs tuvar dhal (skinned & split)
4-5 Tbs mung beans (whole)
4-5 cups of water
salt to taste

Tempering

1 Tbs oil
1 tsp black mustard seeds
2 red chillies
1 pinch asafetida
2 Tbs coconut, grated

Method

1. Chop green beans into small pieces. Chop dill finely.
2. In a heavy-bottomed pot place the tuvar dhal and mung beans and cook for 15-20 minutes or in a pressure cooker for 3-4 minutes until beginning to soften.
3. Add chopped fresh green beans and finely chopped dill. Cook well until the ingredients become soft.
4. Add salt to taste, then drain the water and set both water and vegetables aside.
5. The broth can be consumed anytime with pepper and lemon juice.
6. To prepare the tempering heat oil in a heavy-bottomed pot. Add black mustard seeds. When black mustard seeds start to splutter, add the chillies and one pinch asafetida. Add grated coconut. Then add the cooked vegetables. Fry for a few seconds. Mix it well.

Remove from heat. Transfer to a serving bowl. Serve hot with chapattis and rotis.

In My Kitchen

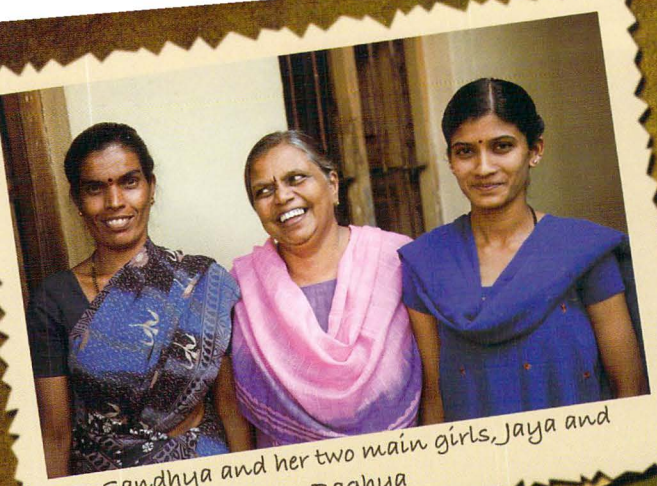
In my kitchen I have two main girls who have been cooking with me for a long time. These two girls are Jaya and Baghaya.

Jaya was born in Mysore and married a farmer who took her back to his farm. After a few years she decided to come back to Mysore looking for a job to help support her family. She is known for her cheerful nature and the yogis know her as the one who serves them always with a big smile. She has infinite patience and tends to look after everyone.

Baghya is Mallamma's daughter who was born and bred in a small village on a farm as well. Eventually the airport authority that compensated them for their loss occupied their farm. They decided to move to Mysore to look for work and as Mallamma had a good education and was running a small eating place in her village she imparted her knowledge of cooking to Baghya. Baghya has embraced cooking with relish and has been assisting me in my kitchen for many years now.

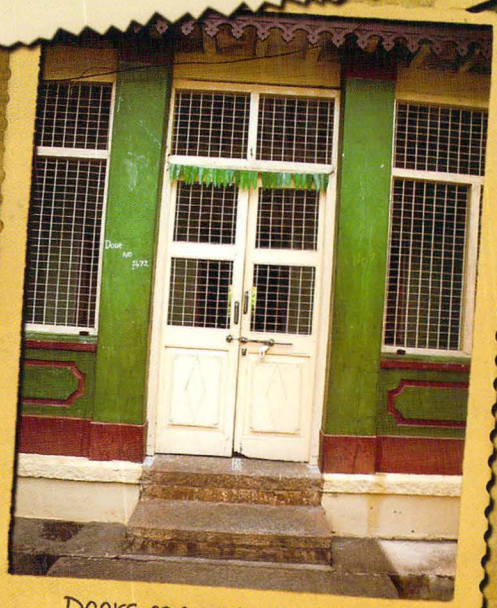
Roopa and Chandrika are Jaya's daughters and Likhitha is Roopa's daughter. Chandrika lives at my house to keep me company, even though many days Roopa will stay as well. I love having my girls around me as they give me strength and I give them strength in return. All these ladies have grown up watching their mother's cook and serve food to their families happily all their lives. As well as cooking and working the farms they all have completed formal education and experienced a life without privileges. They all work very hard even now to support their families and educate their children and grandchildren. They all love their work here at my small restaurant and are most supportive of the many visiting yogis.

As an Ayurvedic cook the most important ingredient we have to offer while cooking a meal is our own loving intention. When we make something for someone we give something that is personal. Our love and care goes directly into the food we are preparing and becomes part of the person who consumes it.



Sandhya and her two main girls, Jaya and Baghya

Roopa, Jaya, Sandhya, Baghaya
Mallamma, Chandrika



Doors open at 12 noon.

Greeting the first guests

Cooking for the coming guests

Chandrika & Likhitha

Buttermilk Curry

The buttermilk gives this curry a wonderful zesty taste. This recipe I learnt from Guruji's mother and is a traditional South Indian dish.

Ingredients

Serves 4

500 g (17 oz) bottle gourd or ash gourd, peeled, chopped into 1 cm (½ in) pieces
500 ml (17 fl oz) water
250 ml (8 fl oz) buttermilk
8-10 curry leaves
salt to taste

Ingredients for ground paste

4 Tbs bengal gram dhal (split)
2 cups coconut, grated
3 Tbs ginger root, grated
1-2 green chillies
4-5 curry leaves
¼ tsp turmeric powder
¼ tsp coriander powder
2 tsp fresh coriander leaves, finely chopped
1 tsp cumin seeds
¾ cup water

Tempering

3-4 Tbs oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Wash the bengal gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Place the gourd and water into a pot and cook with the lid on low heat for 10 minutes. Then drain and set aside.
3. Add all other ingredients listed for ground paste to the soaked bengal gram dhal and grind coarsely.
4. Pour the cooked bottle gourd or ash gourd into a heavy-bottomed pot and add the ground paste, buttermilk, curry leaves and salt. Cook uncovered until the mixture starts boiling, then lower the heat.
5. Meanwhile prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida. Pour the tempering into the buttermilk curry and immediately cover with the lid so that the flavors combine. Turn off the heat and let sit for a few minutes.
6. Transfer the buttermilk curry into a serving bowl.

Serve hot with rice.

Snake Gourd or Ridge Gourd with Green Coconut Curry

Snake gourd and ridge gourd are summer vegetables. In the West ridge gourd is also known as lufa and when left to dry in the sun is used as a sponge. In India we use the young vegetable for this dish. It is very important in the yogic diet and helps to reduce weight. It is also beneficial in eliminating knee pain and it is very good for diabetic patients.

Ingredients

Serves 4

1 kg (35 oz) snake or ridge gourd, chopped into 1 cm (½ in) pieces
1 cup water
salt to taste

Ingredients for ground paste

1-2 green chillies
1 cup coconut, grated
¼ tsp turmeric powder
1 Tbs coriander leaves, chopped
water

Tempering

1 Tbs oil
1 Tbs black mustard seeds
2 Tbs bengal gram dhal (skinned & split)
8-10 curry leaves
1 pinch asafetida

Method

1. Grind the four ingredients listed with a little water to a fine paste. Set aside.
2. To prepare the tempering, heat the oil in a heavy-bottomed pot over low heat and add the black mustard seeds. When they start to splutter, add the bengal gram dhal, curry leaves, and asafetida and fry for a few seconds.
3. Add the chopped snake or ridge gourd and ground paste and fry for 2-3 minutes. Add the 1 cup of water and salt to taste. Mix well, then cover with the lid and cook for 10 minutes, or until the snake or ridge gourd becomes soft and the gravy has thickened.
4. When it is ready transfer to a serving bowl.

Serve hot with rotis or with rice.

Note: When using snake gourd remove the seeds if they are hard, or you can leave the seeds in if they are soft.

Cabbage, Green Peas or Sprouted Mung Bean Curry

Ingredients

Serves 4

250 g (8 oz) green peas or mung bean sprouts
500 g (17 oz) cabbage, chopped
500 ml (17 fl. oz) water
salt to taste

Ingredients for ground paste

1-2 green chillies
1 cup coconut, grated
¼ tsp turmeric powder
1 cm (½ in) piece ginger root, grated
1 Tbs coriander leaves, chopped

Tempering

2 Tbs oil
1 Tbs black mustard seeds
1 Tbs bengal gram dhal (split)
1 Tbs black gram dhal (skinned & split)
8-10 curry leaves
1 pinch asafetida

Method

1. Grind the five ingredients for the ground paste until smooth. Set aside.
2. To prepare the tempering, heat the oil in a heavy-bottomed pot over low heat and add the black mustard seeds. When they start to splutter, add the bengal gram dhal and black gram dhal, and stir. Fry until the gram dhal turns golden brown, then add the curry leaves and asafetida.
3. Add the green peas or mung bean sprouts and fry for a few seconds, then add the chopped cabbage and ground paste and fry for a few more seconds. Add the water and salt to taste. Bring to the boil and mix well. Then lower the heat and cover with the lid and cook for 10 minutes, or until the cabbage becomes soft and the gravy has thickened.

When it is ready transfer to a serving bowl.

Serve hot with rotis or with rice.

Spinach with Yellow Mung Dhal (Green Gram Dhal)

The dhal is washed here after warming to remove any dust or husks that may have remained on it.

Ingredients

Serves 2

125 g (4 oz) green gram dhal (skinned & split)
4 bunches spinach, washed and chopped
1 Tbs coconut, grated
1 small lime, juiced
1 tomato, chopped into small pieces
2 cups water
salt to taste

Tempering

1 Tbs oil
¼ tsp cumin seeds
¼ tsp fenugreek seeds
¼ tsp black pepper, crushed
2½ cm (1 in) piece ginger root, grated
8-10 curry leaves
1-2 green chillies, halved
1 tsp coriander powder
½ tsp turmeric powder
1 pinch asafetida

Method

1. Dry fry green gram dhal in a pan until it is warmed through, about 1 minute. Rinse the dhal and place into a heavy-bottomed pot or pressure cooker with the water. Cook for 15-20 minutes in the pot or 4 minutes in the pressure cooker. Set aside with the water.
2. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the cumin seeds, and when they start to splutter add the rest of the tempering ingredients. Fry for a few seconds.
3. Add chopped spinach to the seasoning and fry for a few minutes until the spinach is wilted. Then add cooked green gram dhal with the water, grated coconut and salt. If the dhal is very thick add more water to bring the dhal to consistency you desire. Cook for a few minutes until the spinach is well done.

Transfer to a serving dish. Remove split green chillies. Add the lime juice just before serving. Serve hot with rice.

Bright Vegetables with Green Coconut Curry

Ingredients

Serves 4

1 Tbs oil
1 bunch dill, finely chopped
1 cup cauliflower, chopped
1 cup green peas
1 cup green, chopped
1 cup carrot, chopped
1 cup potato, chopped

500 ml (17 fl oz) water
salt to taste

Ingredients for ground paste

1 tsp poppy seeds
1-2 green chillies
2 cups coconut, grated
½ tsp coriander powder
¼ tsp turmeric powder
1 cm (½ in) piece ginger root, grated
1 cinnamon stick, crushed
2 cloves
water

Method

1. Grind the eight ingredients for the paste with some water until smooth. Set aside.
2. Heat the oil in a heavy-bottomed pot. Add the dill and fry for a few seconds. Then add all the vegetables and ground paste. Fry for a few more seconds.
3. Add the water and salt to taste. Mix well, bring to the boil, then lower the heat and cover with the lid. Cook for 15-20 minutes in a heavy-bottomed pot or until all the vegetables are cooked and the gravy has thickened.

When it is cooked, transfer to a serving bowl. Serve hot with rotis or with rice.

Chickpeas, Cauliflower & Potatoes with Red Coconut Curry

Ingredients

Serves 4

250 g (8 oz) bengal gram dhal (whole)
500 ml (17 fl oz) water
salt to taste
1 Tbs oil
250 g (8 oz) potatoes, chopped
250 g (8 oz) cauliflower, chopped
1 large tomato, chopped
1 small green capsicum, chopped

Ingredients for ground paste

1-2 red chillies
2 cups coconut, grated
1 tsp coriander powder
¼ tsp turmeric powder
1 cm (½ in) piece ginger root, grated
1 cinnamon stick, broken into 1 cm (½ in) pieces
1-2 cloves
water

Method

1. Soak the bengal gram dhal in water overnight. Discard the soaking water, and then cook the dhal with the water and salt, covered, for 1 hour in a heavy-bottomed pot or 12 minutes in a pressure cooker.
2. Grind the seven ingredients listed with some water to a fine paste. Set aside.
3. Heat the oil in a heavy-bottomed pot. Add the bengal gram dhal and fry over a medium heat for a few seconds, then add the potatoes and cauliflower and fry for a few more seconds.
4. Add the ground paste and fry for several more seconds, and then add water and salt to taste. Mix well, then cover with the lid and cook for 10 minutes.
5. Add tomatoes and capsicum and fry until all the vegetables are cooked and the gravy has thickened.

When it is ready, transfer to a serving bowl. Serve hot with chapattis or with rice.

Sambar Powder

This is the traditional recipe for sambar unique to our family and has been around for many generations. Here I give you the recipe in its original form, without any changes. Sambar powders can be distinguished by their taste as to whose household they belong to. Every community in South India makes different sambar powders and these powders used to determine the background of where someone came from, though not so much today.

It is important to fry ingredients separately as some brown quicker than others.

Ingredients

Makes about 200 g (7 oz)

Ingredients for grinding

1 Tbs bengal gram dhal (split)
1 Tbs black gram dhal (skinned & split)
2 Tbs cumin seeds
1 tsp fenugreek seeds
1 tsp black mustard seeds
2 tsp oil
¾ cup coriander seeds
1 Tbs black pepper seeds
20-25 curry leaves
50 dried red chillies
4 cinnamon sticks, crushed

1½ tsp turmeric powder
½ tsp asafetida
½ tsp salt (to taste)

Method

1. In a heavy-bottomed pot fry the bengal gram dhal, black gram dhal, cumin seeds and fenugreek seeds, without oil, over a low heat until all the ingredients turn golden brown. Remove from the heat and set aside.
2. Fry the black mustard seeds until they change color. Remove from the heat.
3. Add 1 tsp of the oil and fry the coriander seeds until they start spluttering, remove and set aside. Now fry black pepper and set aside. Then fry the curry leaves until they are dry.
4. Add another teaspoon of oil and fry red chillies until they are roasted through and are crunchy.
5. Let all the ingredients cool. Add the cinnamon and grind into a fine powder.
6. Add the turmeric powder, asafetida and salt to the powder and mix well.

Store in an airtight container and use when required.

South Indian Sambar

Any vegetables can be used in this sambar.

Ingredients

Serves 2

125 g (4 oz) tuvar dhal
4-5 cups water
1 lime sized tamarind or 1 tsp tamarind concentrate
250 g (8 oz) either drumstick (see glossary), beans, potato, eggplant or lady's finger
8-10 curry leaves
1 Tbs coconut, grated
1 tomato, chopped
1-2 tsp sambar powder
salt to taste

Tempering

2 tsp oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Clean, wash and drain the tuvar dhal. Place dhal with the water into a heavy-bottomed pot or pressure cooker. Bring to boil and cook with the lid for 15-20 minutes in the pot or 4 minutes in the pressure cooker. Set aside.
2. Soak the tamarind in 1 cup of water and extract the tamarind juice. If using concentrate just add at the appropriate time. Set aside.
3. Chop the vegetable of your choice into 1 cm (½ in) pieces.
4. In a heavy-bottomed pot add the vegetables with the cooked tuvar dhal. Add curry leaves, coconut, tomato and salt to taste. Mix well. If the dish is very thick, add more water to bring it to the consistency you desire. Cook over low heat until the vegetables become soft. Ensure that the vegetables are not over cooked. Now add the sambar powder and tamarind juice and cook for another 5 minutes.
5. Meanwhile prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida. Pour the seasoning over the sambar, mix and cover with a lid immediately so that the flavors combine.

When ready serve the sambar with rice.

Sandhya's Soup

This soup is particularly good for babies and children. It is also wonderful for people who are suffering from any illness as it is easy to digest and very tasty.

Ingredients

Serves 2

½ cup tuvar dhal
2 tsp tomatoes, chopped
½ tsp cumin seeds, coarsely ground
4-5 black pepper, coarsely ground
2½ cm (1 in) tamarind or ½ tsp tamarind concentrate
2 Tbs fresh coriander leaves, chopped
3 cups water
salt to taste

Tempering

1 Tbs ghee
½ tsp black mustard seeds
4-5 curry leaves
1 pinch asafetida

Method

1. Wash the tuvar dhal and place it with 1 cup of water into a heavy-bottomed pot or pressure cooker. Cook for 20-30 minutes in the pot or 4-6 minutes in the pressure cooker. Remove from heat and process in an electric food processor with the water until smooth. Set it aside.
2. In a heavy-bottomed pot add blended dhal, tomatoes, cumin, 2 cups of water, black pepper and tamarind. Bring to boil and turn off the heat.
3. To prepare the tempering heat ghee, add black mustard seeds. When they begin to splutter add curry leaves and asafetida frying for a few seconds.
4. Add this tempering to the boiled soup and mix in the coriander.
5. Serve hot. This soup can also be eaten with rice.

Tomato Gojju

Mr. Joseph has been living in Mysore for over 17 years and when I first began cooking for yogis he was one of my first customers. He immediately relished this dish as his favorite and since then I have cooked it for him many times. In our kitchen we call it 'Joseph's dish'.

Ingredients

Serves 4

2 Tbs red capsicum, chopped
8-10 curry leaves
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
500 g (17 oz) tomatoes, finely chopped
salt to taste
2 tsp jaggery or 1 tsp sugar or honey
1 Tbs coconut, grated
1 Tbs coriander, finely chopped

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 tsp bengal gram dhal (split)
1 tsp black gram dhal (skinned & split)
½ tsp cumin seeds
1 pinch asafetida

Method

1. Wash the bengal gram dhal and black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. To prepare the tempering, heat the oil in a heavy-bottomed pot over a low heat and add the black mustard seeds. When they start to splutter, add the bengal gram dhal and black gram dhal. Stir and fry until the dhal turns golden brown, then add the cumin seeds and asafetida.
3. Add the capsicum and curry leaves and fry for a few seconds, then add the red chilli powder, coriander powder, turmeric powder and tomatoes. Add the salt and jaggery, sugar or honey, mix well and cook for 10 minutes stirring occasionally. Then add the coconut and coriander and mix well again.
4. Transfer to a serving bowl.

Serve hot with chapattis or with rice.

Tomato Podimas

This is another one of Mr. Joseph's favorite dishes. If I know he is coming to my place for lunch I make sure I have one of his favorite dishes prepared.

Ingredients

500 g (17 oz) tomatoes
2 Tbs red capsicum, finely chopped
1 Tbs coconut, grated
1 Tbs coriander leaves, chopped
salt to taste

Ingredients for ground powder

1-2 green chillies
¾ cup bengal gram dhal (split)
¼ tsp turmeric powder
½ cm (¼ in) ginger, grated

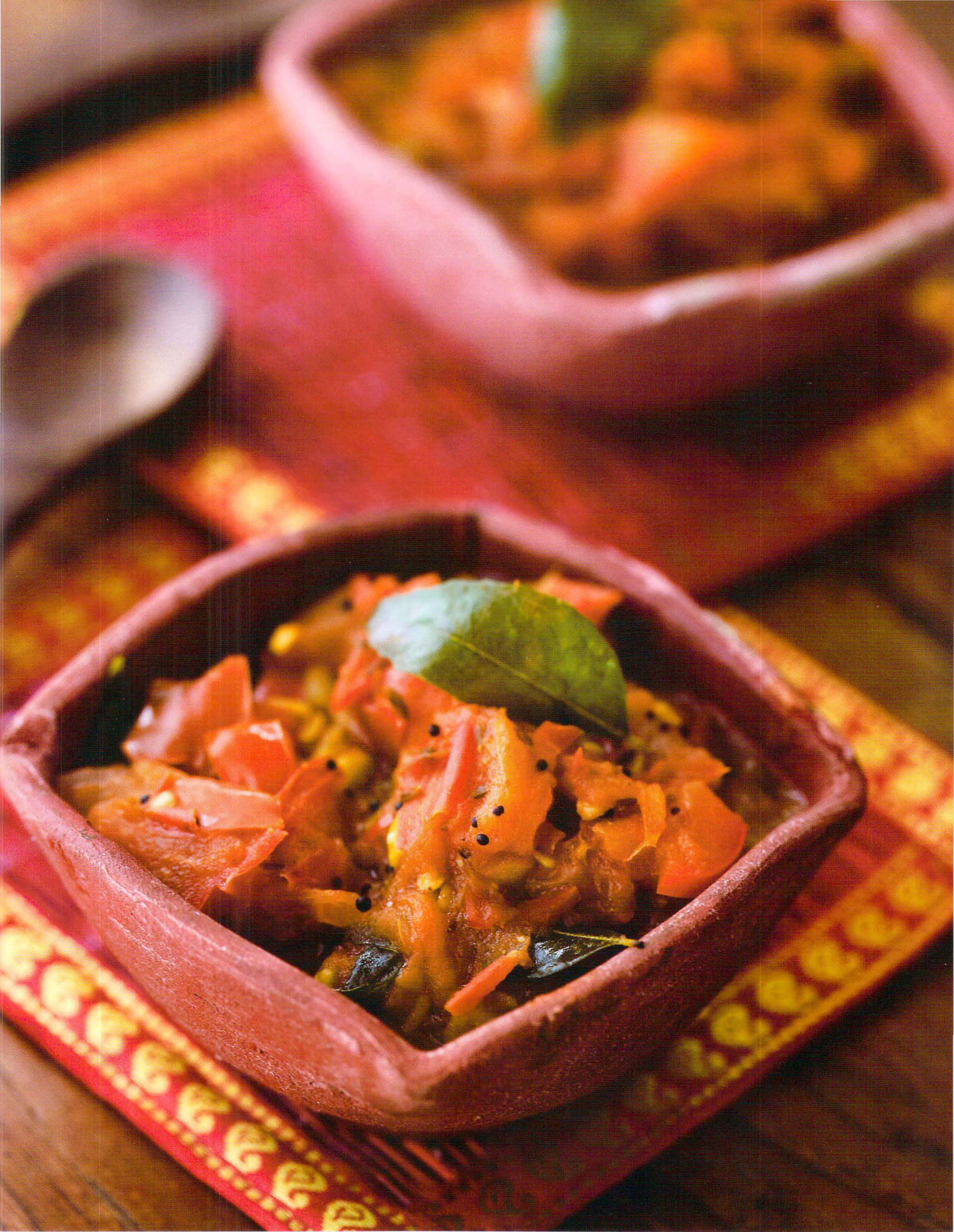
Tempering

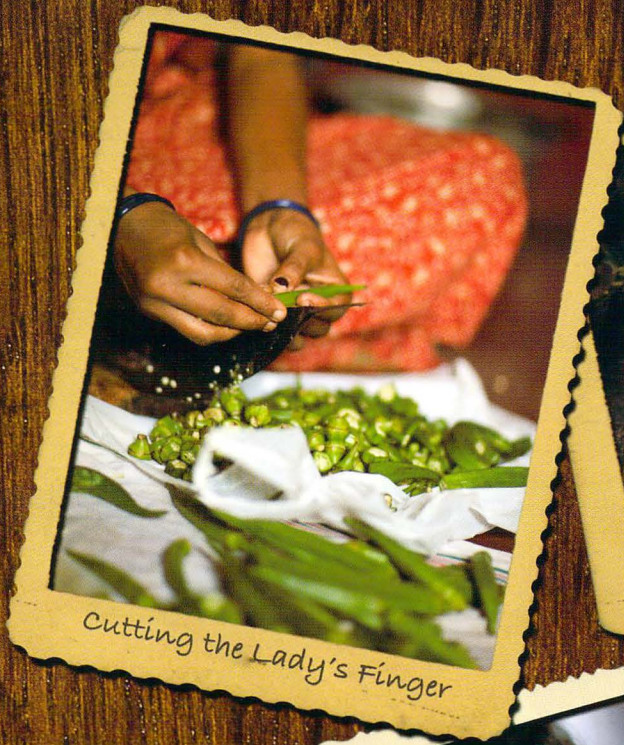
2 Tbs oil
1 Tbs black mustard seeds
8-10 curry leaves
1 Tbs cumin seeds
1 pinch asafetida

Method

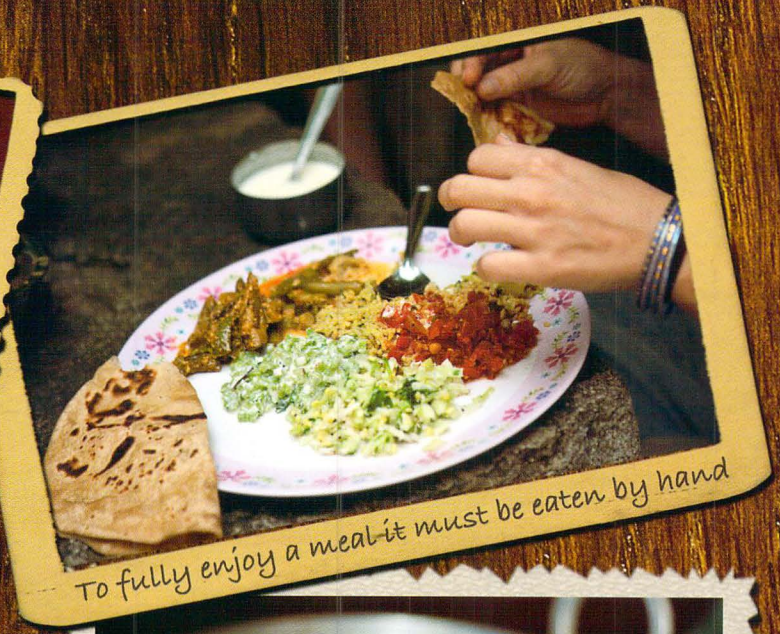
1. Chop the tomatoes finely and set aside.
2. Dry roast the bengal gram dhal until it turns brown. Add to the four ground powder ingredients and grind coarsely. Set aside.
3. To prepare the tempering, heat the oil in a heavy-bottomed pot over low heat and add the black mustard seeds. When they start to splutter, add the curry leaves, cumin seeds and asafetida.
4. Add the capsicum and the ground powder and fry for a few minutes, then add the tomato and salt to taste. Mix well, cover with the lid and cook for 10 minutes or until the gravy has thickened.
5. Remove from the heat, add the coconut and coriander and mix well.

Transfer to a serving bowl. Serve hot with rotis, rice or bread.

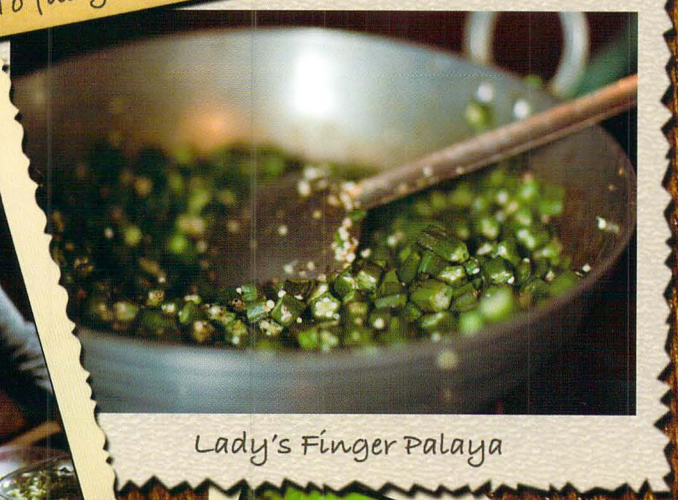




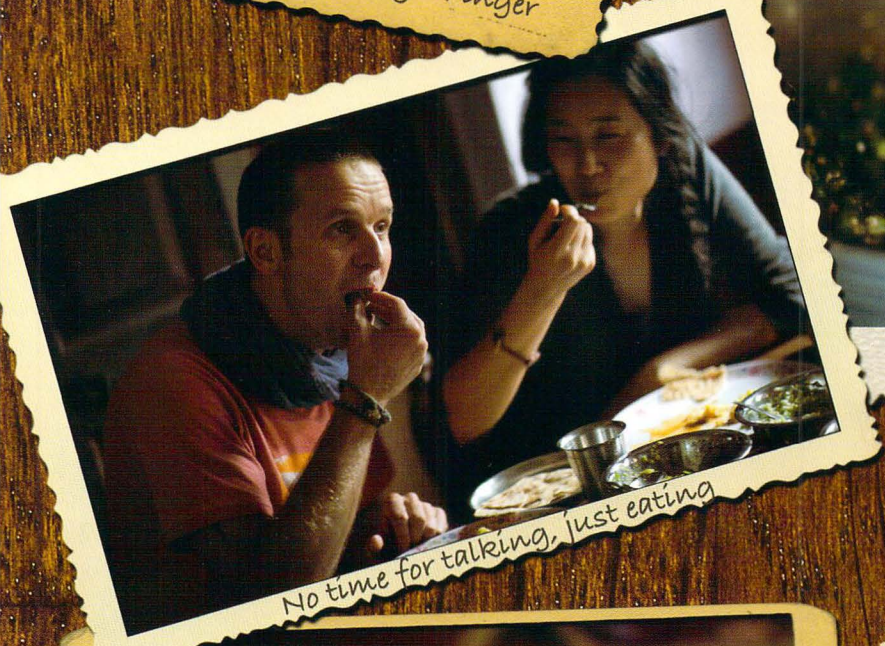
Cutting the Lady's Finger



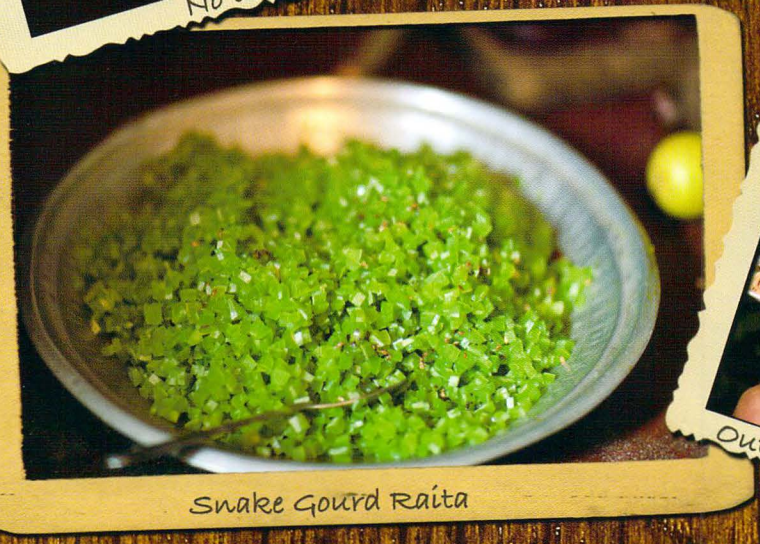
To fully enjoy a meal it must be eaten by hand



Lady's Finger Palaya



No time for talking, just eating



Snake Gourd Raita

Outside in Sandhya's garden

Eating At Sandhya's

My rickshaw drops me off at Sandhya's at 1 p.m. The doors to Sandhya's home are open and sandals are accumulating at the front door in respectful piles. Inside the dusky interior sets an atmosphere of peacefulness and calm. Yogis have spread themselves throughout Sandhya's house; some lounging comfortably on the floor around a low set table, others around the larger dining table and more out in the backyard underneath the dappled shade of a tree. Sandhya's main girls, Jaya and Baghaya are busy in the kitchen. They work around each other like well-trained dancers, swirling chapattis on the hotplate and stirring Gojju on the stove. Roopa twirls in and out of the kitchen with plates and bowls filled with steaming curries, payala and chutneys. The girls are all dressed in bright saris; they look like princesses rather than kitchen workers and all have wide smiles as they hand over more chapattis and dosas. Sandhya meanwhile carries little Likhitha on her hip, supervising in and out of the kitchen. Frequently she tests the softness of a chapatti or the fragrance of a particular curry. Her eyes light up each time one of the guests expresses their gratitude for the delicious food. Some cannot help themselves but to have thirds after they have had seconds, the food is simply too hard to resist. Despite the gorging no-one leaves with a heavy belly, the food sits well in our stomachs.

The conversation amongst the guests touches on travel and yoga only to be interrupted with delightful sighs of pleasure as another uniquely tasteful dish is sampled. Our eyes move excitedly towards Roopa as she exits the kitchen with yet another bowl of Tomato Gojju, Mr. Joseph's favorite dish. We try to act like patient yogis as we greedily watch it go around the table. "Don't worry," Sandhya's says laughingly, "there is more".

Our meal ends with a cup of chai and as we leave, we book to make sure there is room for us the next day.

Sandra Ramacher

White Rice

South Indians are rice eaters; they eat rice with sambar, curry and curds. Rice is a staple of the Indian diet.

There are several kinds of rice dishes that are all delicious and colorful. However, in the past, the nutritional value of the rice has not been good, because traditionally polished rice has been used. With increasing nutritional awareness, we are now starting to use unpolished rice. There is also a variety of red rice available. If possible, use unpolished or red rice for all the rice recipes.

Some rice dishes are a meal in themselves. These include Lime Rice, Ghee Rice, Fried Rice, Sesame Rice, Mixed Vegetable Pulav, Fenugreek Potato Pulav and Tomato Pulav.

Ingredients

Serves 4

250 g (8 oz) white rice
500 ml (17 fl oz) water
1 pinch salt
1 tsp oil

Method

1. Clean, wash and drain rice.
2. Put rice into a heavy-bottomed pot or pressure cooker with water, salt and oil, reduce the heat and cover with the lid. Cook for 15-20 minutes in a pot or 5-6 minutes in a pressure cooker.
3. Serve hot with sambar, curry and curds.

Note: oil is added to help the rice remain separated after cooking.

Lime Rice

This dish is a meal in itself. The proper way to prepare this dish is by adding fresh green chillies. Since I began cooking for yogis I realized that the chillies have a heating effect on the body, which is not appropriate for the yogic body. So I have replaced the chillies with capsicum which still impart a good flavor, but without the heat.

Ingredients

Serves 4

250 g (8 oz) raw rice
500 ml (17 fl oz) water
1 tsp oil
1 small green capsicum, deseeded and chopped into small pieces
1 Tbs coconut, grated
1 Tbs coriander leaves, chopped
2 limes, juiced
salt to taste

Tempering

3-4 Tbs oil
1 tsp black mustard seeds
2 Tbs peanuts or cashew nuts, halved
1 Tbs bengal gram dhal (split)
1 Tbs black gram dhal (skinned & split)
1 tsp cumin seeds
1 pinch asafetida
8-10 curry leaves

Method

1. Put the rice, water and 1 tsp of oil in a heavy-bottomed pot or pressure cooker. Bring to the boil, then reduce the heat and cover with the lid. Cook for 15-20 minutes in a pot or 5-6 minutes in a pressure cooker. When it is cooked, allow to cool for 20 minutes by spreading it onto a large plate.
2. To make the tempering, heat the oil in a heavy-bottomed pot over a low heat and add the black mustard seeds. When they start to splutter, add the peanuts or cashew nuts and fry for a few minutes. Next add the bengal gram dhal and black gram dhal, and stir. Fry until the dhal turns golden brown in color, then add the cumin seeds, asafetida and curry leaves.
3. Add the capsicum, coconut and coriander leaves and fry for one minute.
4. Drizzle the lime juice and salt over the rice.
5. Spoon the fried vegetables over the rice and mix well.

Serve immediately.

Ghee Rice

Ghee gives this dish a very creamy taste and helps to cool the taste of very spicy dishes.

Ingredients

Serves 4

250 g (8 oz) basmati or raw rice
500 ml (17 fl oz) water
salt to taste

Tempering

4-6 Tbs ghee
1 tsp black mustard seeds
4 bay leaves
4 cloves
1 cinnamon stick, crushed
4 marathi moggu (optional)
4 cardamom pods, crushed, discard husks
2 red chillies, chopped
8-10 curry leaves
1 pinch asafetida

Method

1. Wash and drain the rice and set aside.
2. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot or pressure cooker. Add the black mustard seeds, and when they start to splutter add all the rest of the tempering ingredients, and mix well.
3. Add the water and salt, and when it starts to boil add the basmati or raw rice. Mix well, reduce the heat and cover with the lid. Cook for 15-20 minutes in a heavy-bottomed pot or 5-7 minutes in a pressure cooker.

When it is cooked, transfer to a serving bowl. Serve hot with curries or coconut chutney.

Tomato Rice

Ingredients

Serves 4

250 g (8 oz) basmati or raw rice
3-4 tomatoes, chopped
500 ml (17 fl oz) water
salt to taste

Ingredients for ground paste

½ tsp red chilli powder
½ tsp coriander powder
¼ tsp turmeric powder
1 tsp ginger, grated
1 tsp fennel seeds
2 cinnamon sticks, crushed
1 cardamom pod, crushed, discard husks
2 cloves
1 small bunch of coriander, finely chopped
1 small bunch of mint, finely chopped

Tempering

4-6 Tbs oil
4 bay leaves
4 marathi moogu (optional)

Method

1. Wash the rice and set aside.
2. Grind the ten ingredients for the paste until smooth. Set aside.
3. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot or pressure cooker. Add the bay leaves and marathi moggu and fry for a few seconds.
4. Add half of the ground paste and fry for a few seconds. Add the tomatoes, salt and remaining ground paste and fry for 5 minutes.
5. Add the water, and when it starts to boil add the basmati or raw rice. Mix well, reduce the heat and cover with the lid. Cook for 15-20 minutes in a heavy-bottomed pot or 5-7 minutes in a pressure cooker.

When it is cooked, transfer to a serving bowl. Serve hot with tomato or cucumber raita.

Sesame Rice

The sesame gives this dish a nutty and crispy taste. It is important to cool the rice spread out on a plate so that the grains separate properly and do not stick together when mixing in the rest of the cooked ingredients.

Ingredients

Serves 4

1 Tbs black gram dhal (skinned & split)
250 g (8 oz) raw rice
500 ml (17 fl oz) water
salt to taste
1 tsp oil
¾ cup sesame seeds
2 limes, juiced
salt to taste

Tempering

4 Tbs oil
1 tsp black mustard seeds
2 Tbs peanuts
½ cup curry leaves
2 pinches asafetida
4 dry red chillies broken into pieces
1 Tbs coconut, grated

Method

1. Wash the black gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash the rice and then place into a heavy-bottomed pot or pressure cooker with water, salt and oil, and bring to the boil. Reduce the heat, cover with the lid and cook for 15-20 minutes in a heavy-bottomed pot or 5-7 minutes in a pressure cooker. When it is done, allow to cool for 20 minutes and spread onto a large plate.
3. Fry the black gram dhal and sesame seeds, without oil, in a heavy-bottomed pan until they turn golden brown. Remove from the heat, allow to cool and then grind into a powder. Set aside.
4. To prepare the tempering, heat the oil in a heavy-bottomed pot over a low heat and add the black mustard seeds. When they start to splutter, add the peanuts and fry until they turn golden brown. Add the curry leaves and fry until they become crunchy, then add the asafetida, red chillies and coconut and turn off the heat.
5. Sprinkle the salt and ground powder over the rice on the plate. Pour the tempering over the rice and mix well with the lime juice.

Transfer to a serving bowl. Serve with raita.

Fenugreek Potato Pulav

In Indian cooking fenugreek is used either as the dry seeds or the fresh leaves and is used as a cooling agent for the body. The cooling effect works very fast and the slightly bitter taste goes well with potatoes.

Ingredients

Serves 4

1 bunch fenugreek leaves, chopped
4 potatoes, chopped into 2½ cm (1 in) cubes
1 cup tomatoes, chopped
salt to taste
500 ml (17 fl oz) water
250 g (8 oz) basmati rice, washed

Ingredients for ground paste

2 Tbs coconut, grated
2½ cm (1 in) piece ginger, grated
½ tsp red chilli powder
1-2 cloves
4 cinnamon sticks, crushed
¼ tsp cumin seeds
¼ tsp black pepper
5-6 coriander stalks and leaves, chopped

Tempering

4-6 Tbs oil
4 bay leaves
4 marathi moggu (optional)

Method

1. Grind the eight ingredients for the paste until smooth. Set aside.
2. To make the tempering heat the oil in a heavy-bottomed pot or pressure cooker. Add the bay leaves and marathi moggu and fry for a few seconds.
3. Add the fenugreek leaves and fry until they become crunchy. Add the potatoes, and then add the ground paste, tomatoes and salt. Fry, stirring, for a few minutes until potatoes begin to brown.
4. Add the water, and when it starts to boil add the basmati rice. Mix well, reduce the heat and cover with the lid. Cook for 20-30 minutes in a pot or 5-7 minutes in a pressure cooker.

Serve hot with coconut chutney.

Note: If fresh fenugreek is not available you can use dried fenugreek leaves.

Fried Rice

You can eat fried rice with raitas and any of the gravy dishes.

Ingredients

Serves 4

250 g (8 oz) raw rice
500 ml (17 fl oz) water
1 tsp oil
4 Tbs oil
1 cup cabbage, shredded
1 green capsicum, deseeded and cut into strips
1 lime, juiced
salt to taste

Method

1. Put the rice, water and 1 tsp of oil in a heavy-bottomed pot or pressure cooker. Bring to the boil, then reduce the heat and cover with the lid. Cook for 15-20 minutes in a pot or 5-6 minutes in a pressure cooker. When it is cooked, allow to cool for 20 minutes by spreading it onto a large plate.
2. Heat the 2 Tbs of oil in a heavy-bottomed pot, stir in the cabbage and capsicum, and fry for a few minutes.
3. Drizzle the lime juice and salt over the rice.
4. Spoon the fried vegetables over the rice and mix well.

Serve with mint chutney.

Mixed Vegetable Pulav

This is a full meal in itself and using basmati gives it a light texture. It is wonderful accompanied by raitas and chutneys.

Ingredients

Serves 4

125 g (4 oz) mixed vegetables, such as beans, carrots and potatoes, chopped into small cubes
1 cup green peas
2 tomatoes, chopped
salt to taste
1 Tbs coriander leaves, chopped
1 Tbs mint leaves, chopped
500 ml (17 fl oz) water
250 g (8 oz) basmati rice, washed and drained

Ingredients for ground paste

2 Tbs coconut, grated
2½ (1 in) piece ginger root, grated
1 green chilli
2 cloves
4 cinnamon sticks, crushed
1 tsp coriander powder
¼ tsp turmeric powder

Tempering

4-6 Tbs oil
4 bay leaves
4 marathi moggu (optional)

Method

1. Grind the seven ingredients for the paste until smooth. Set aside.
2. To make the tempering, heat the oil in a heavy-bottomed pot or pressure cooker. Add the bay leaves and marathi moggu and fry for a few seconds.
3. Add the mixed vegetables and green peas. Fry for a few seconds, stirring continuously.
4. Add the ground paste, chopped tomatoes and salt to taste, stir well and cook for one minute over a low heat. Add the coriander and mint, and sauté until all the vegetables are well coated with oil.
5. Add the water, and when it starts to boil add the basmati rice. Mix well, reduce the heat and cover with the lid. Cook for 15-20 minutes in a pot or 3 minutes in a pressure cooker.

Serve the mixed vegetable pulav with cucumber or tomato raita.

Pongal

Pongal is a popular South Indian dish especially cooked during the festival 'Sankranti'. It is prepared for breakfast on the day of the festival. It is accompanied by sweet pongal just as kesari bath and rava uppittu. Green gram dhal is easy to digest, very light on the body and has a cooling effect. It is perfect for the yogic diet as it leaves the body feeling light and cooled. It is also consumed after fasting and served to someone who is recovering from fever or any kind of ailment.

Ingredients

Serves 4

250 g (8 oz) raw rice
125 g (4 oz) green gram dhal (skinned & split)
4-5 cups water
¼ tsp turmeric powder
10-20 cashew nuts, halved
salt to taste
2 Tbs coconut, grated

Tempering

1 tsp cumin seeds
1 tsp peppercorns
4 Tbs ghee
2 Tbs oil
½ tsp asafetida
2½ cm (1 in) piece ginger root, grated
8-10 curry leaves
2 Tbs fresh coriander leaves, chopped

Method

1. In a small pan dry roast the rice until heated through, then set aside. In the same pan dry roast the dhal until browned. Place both in a heavy-bottomed pot or pressure cooker with the water and turmeric powder. Bring to the boil, then lower the heat, cover with the lid, and cook until the green gram dhal becomes soft, 20-30 minutes in a pot or 4 minutes in a pressure cooker.
2. To make the garnish, fry the cashew nuts in a frying pan, without oil, until they turn golden brown. Set aside.
3. To make the tempering, grind the cumin seeds and peppercorns coarsely. Heat the ghee and oil in a frying pan, add the cumin seeds and peppercorns, asafetida, ginger, curry leaves, and coriander leaves and fry until the cumin seeds begin to brown.
4. Add the tempering to the cooked rice and dhal mixture and mix well. Add salt to taste.
5. Stir in the coconut, and transfer to a serving dish.

Garnish with the fried cashew nuts, and serve hot with coconut chutney.

Khichadi

Khichadi is a popular North Indian dish.

Ingredients

Serves 4

90 g (3 oz) potatoes or carrots
4-5 cups water
salt to taste
250 g (8 oz) raw rice, washed and drained
125 g (4 oz) green gram dhal (skinned & split)

Tempering

4-6 Tbs ghee
2 tsp cumin seeds
½ tsp asafetida
2½ cm (1 in) piece ginger root, grated
10-15 curry leaves
½ tsp turmeric powder

Method

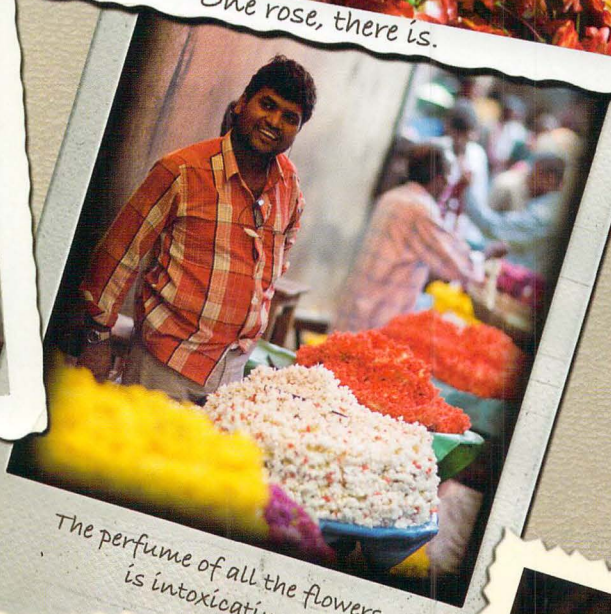
1. Chop potatoes or carrots into small cubes and set aside.
2. To make the tempering, heat the ghee in a heavy-bottomed pot or pressure cooker. Add the cumin seeds and when they turn golden brown add the asafetida, ginger, curry leaves, and turmeric powder. Stir for a few seconds.
3. Add the potatoes or carrots and mix well. Add the water and salt to taste, then the rice and green gram dhal. Bring to the boil, then lower the heat, cover with the lid, and cook until the green gram dhal becomes soft, 20-30 minutes in a pot or 4 minutes in a pressure cooker.

Serve hot.

Deveraja Markets

One rose, there is.

Miles of fragrant Tuberoses



The perfume of all the flowers is intoxicating

For Beauty's sake

Market girl

Banana Bender

Coconut is used in many Mysore recipes

Where are you from Madam?

can you imagine working this hard everyday?

All in a days work

Sweet and Sour Salad

Beetroot is very rich in iron and helps to build up haemoglobin, therefore great for anemic patients. It also aids digestion.

Ingredients

Serves 4

250 g (8 oz) beetroot
1 cup mung bean sprouts
2 Tbs coconut, grated
1 Tbs coriander leaves, finely chopped
1 lime, juiced
1 cup pineapple, finely chopped
salt to taste

Tempering

2 tsp oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Wash, peel and grate the beetroot.
2. Prepare the tempering by heating the oil over a low heat in a small pan. Add the black mustard seeds, and when they start to splutter add the asafetida. Remove from the heat and set aside to cool.
3. In a serving bowl mix the beetroot, mung bean sprouts, coconut, coriander leaves, lime juice and pineapple. Add salt to taste.
4. Pour the tempering over the salad and toss well. Serve immediately.

Carrot Split Yellow Mung Salad

Ingredients

Serves 4

4-5 Tbs split green gram dhal (skinned & split)
250 g (8 oz) carrots
2 Tbs coconut, grated
1 Tbs coriander leaves, finely chopped
salt to taste
1 lime, juiced

Tempering

2 tsp oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Wash the green gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash, peel and grate the carrots.
3. Prepare the tempering by heating the oil over a low heat in a small pan. Add the black mustard seeds, and when they start to splutter add the asafetida. Remove from the heat and set aside to cool.
4. In a serving bowl mix the green gram dhal, carrot, coconut, coriander leaves, and salt to taste.
5. Pour the tempering over the salad, add the lime juice and toss well. Serve immediately.

Mysore Style Cucumber Split Yellow Mung Salad

If you are on a yogic diet, this salad is good to have with fresh pressed juices. It is very cooling and best eaten in summer, even though there is no harm in eating it in winter.

Ingredients

Serves 2

4-5 Tbs green gram dhal (skinned & split)
1 large cucumber
2 Tbs coconut, grated
1 Tbs coriander leaves, finely chopped
salt to taste
1 lime, juiced

Tempering

2 tsp oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Wash the green gram dhal in water, then cover with fresh water and leave to stand for 1 hour. Drain and set aside.
2. Wash, peel and finely chop the cucumber.
3. Prepare the tempering by heating the oil over a low heat in a small pan. Add the black mustard seeds, and when they start to splutter add the asafetida. Remove from the heat and set aside to cool.
4. Into a serving bowl put the green gram dhal, cucumber, coconut, coriander leaves and salt to taste, and mix well.
5. Pour the seasoning over the salad, add the lime juice and toss well. Serve immediately.

Radish or Knol Khol Raita

Knol khol is also called kohlrabi in Western countries. If this is not available daikon radishes can be used which give this raita a special taste.

Raita is a condiment made with cooked or raw vegetables mixed with curd. Cooked vegetables that can be used are snake gourd, cucumber or tomatoes.

Raw vegetables which can be used are radish, knol khol or the combination of tomatoes with cucumber.

Ingredients

Serves 2

250 g (8 oz) radish or knol khol
250 ml (8 fl oz) curd
1 Tbs coconut, grated
salt to taste
1 tsp coriander leaves, finely chopped

Tempering

2 tsp oil
½ tsp black mustard seeds
½ tsp black gram dhal (skinned & split)
½ tsp cumin seeds
1 pinch asafetida

Method

1. Wash, peel and grate radish or knol khol.
2. Prepare the tempering by heating the oil over a low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the black gram dhal. Fry until the dhal turns golden brown, then mix in the cumin seeds and asafetida. Remove from the heat and allow to cool.
3. In a serving bowl mix the radish or knol khol, curd, coconut and salt to taste, pour the seasoning over and toss well.

Garnish with the coriander leaves. Serve immediately.

Snake Gourd Raita

Snake gourd is a vegetable that belongs to the family of gourds. It is rich in protein, fiber, carbohydrate and calcium. It has a waxy surface that has to be rubbed off before it is chopped. It can be substituted with bottle gourd.

Ingredients

Serves 2

250 g (8 oz) snake gourd, deseeded and finely chopped
500 ml (17 fl oz) water
salt to taste
500 ml (17 fl oz) curd
1 Tbs coconut, grated
1 tsp fresh coriander leaves, chopped

Tempering

2 tsp oil
½ tsp black mustard seeds
½ tsp black gram dhal (skinned & split)
½ tsp cumin seeds
1 pinch asafetida

Method

1. In a heavy-bottomed pot cook the snake gourd with the water and salt, for not more than 5 minutes. Cook for just long enough that the color of the snake gourd does not become lighter. Remove from the heat and drain. Allow to cool.
2. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the black gram dhal. Stir and fry. When the dhal turns golden brown add cumin seeds and asafetida. Remove from the heat and allow to cool.
3. In a serving bowl add the snake gourd, curd, coconut, and more salt if required. Pour the seasoning over and toss well. Garnish with chopped coriander. Serve immediately.

Cucumber Raita

Snake gourd can be substituted for cucumber, if available.

Ingredients

Serves 4

250 g (8 oz) cucumber or
250 g (8 oz) snake gourd
500 ml (17 fl oz) curd
1 Tbs coconut, grated
1 tsp fresh coriander leaves, chopped
salt to taste

Tempering

2 tsp oil
½ tsp black mustard seeds
½ tsp black gram dhal (skinned & split)
½ tsp cumin seeds
1 pinch asafetida

Method

1. Wash, deseed and finely chop cucumber. Cook it with 2 cups of water and salt to taste. Cook for no more than 5 minutes. When you boil the snake gourd or cucumber the color must not pale. Remove from the heat and drain the excess water. Let it cool.

1. To prepare the tempering, heat oil on low heat and add black mustard seeds. When black mustard seeds start to splutter add black gram dhal. Stir and fry. When the dhal turns golden brown add cumin seeds and asafetida. Remove from the heat and let cool.

1. In a serving bowl add cooked cucumber, curd, grated coconut and salt if required. Mix in the tempered seasonings and garnish with fresh coriander. Serve Immediately.

Tomato Cucumber Mixed Raita

This particular raita is mainly used with pulav, vegetable fried rice and any spicy dishes. The curd aids in digestion and helps to cool our body. With spicy dishes, the consumption of curd tends to be greater to help neutralize the heat of the spices.

Ingredients

Serves 4

2 big tomatoes
1 small cucumber
500 ml (17 fl oz) curd
1 Tbs coconut, grated
1 tsp coriander leaves, finely chopped
8-10 mint leaves, chopped
salt to taste

Method

1. Wash and chop tomatoes into small pieces. Set aside.
2. Wash, peel and finely chop cucumber. Set aside.
3. In a serving bowl mix chopped tomatoes, chopped cucumber, curd, grated coconut and salt to taste. Toss well to mix and garnish with chopped fresh mint leaves and finely chopped fresh coriander leaves.

Serve immediately with tomato rice or vegetable pulav.

Cooked Tomato Raita

This raita is cooked in South Indian homes when one is needed urgently. An all time favorite of many households, it goes well with dosas, idli, chapattis and rice.

It is another version of the Tomato Gojju recipe, served cold and mixed with curd. I would also like to dedicate this recipe to Mr. Joseph, my very good friend.

Ingredients

Serves 4

2 Tbs capsicum, chopped
8-10 curry leaves
¼ tsp red chilli powder
¼ tsp coriander powder
¼ tsp turmeric powder
500 g (17 oz) tomatoes, finely chopped
1 tsp jaggery, ½ tsp sugar or ½ tsp honey
1 Tbs coconut, grated
1 Tbs coriander, finely chopped
500 ml (17 fl oz) curds
salt to taste

Tempering

1 Tbs oil
½ tsp black mustard seeds
1 tsp bengal gram dhal (split)
1 tsp black gram dhal (skinned & split)
½ tsp cumin seeds
1 pinch asafetida

Method

1. To prepare the tempering, heat the oil in a heavy-bottomed pot on a low flame. Add black mustard seeds and when they start to splutter add bengal gram and black gram dhal. Fry until it turns golden brown. Add cumin seeds and asafetida and fry until cuming seeds turn brown.
2. Then add chopped capsicum and curry leaves and fry for a few seconds. Add red chilli powder, coriander powder, turmeric powder and finely chopped tomatoes. Add salt and jaggery, sugar or honey. Mix well and allow it to cook for 10 minutes, then remove from the heat.
3. Add grated coconut and finely chopped fresh coriander. Mix well.
4. Transfer into a serving bowl. Let it cool and then add fresh curd. Toss well and garnish with chopped fresh coriander leaves.

Salt to taste. Serve with rice dishes.

Brinjal (Eggplant) Chutney

In India we do not give brinjal to children or people with allergies as it can aggravate the allergic condition.

Ingredients

Serves 2

1 large brinjal (eggplant)
1 green chilli
2 tsp coriander leaves
1 cup coconut, grated
2 marble-sized tamarind or ½ tsp tamarind concentrate
salt to taste

Tempering

2 Tbs oil
1 tsp black mustard seeds
1 pinch asafetida

Method

1. Broil or bake the brinjal for about 15 minutes, leave it to cool and peel the skin off.
2. In a blender, blend the brinjal, green chilli, coriander leaves, coconut, tamarind and salt.
3. Pour the chutney from the blender into a serving bowl.
4. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the asafetida. Remove from the heat and allow to cool.
5. When the tempering has cooled pour it over the chutney and toss well.

Serve with rotis, chapattis, dosas or rice.

Note: There is no need to add water to the ingredients being blended as the brinjal is quite moist.

Coconut Chutney

This chutney is used as a spread on dosas, chapattis or sandwiches. One must add just enough water to make a smooth paste, but not too much as the fresh herbs contain water as well and the chutney could become too watery.

Ingredients

Serves 2

1 cup coconut, grated
1 tsp coriander leaves, chopped
1 marble-sized fresh tamarind or ¼ tsp tamarind concentrate
1 green chilli
4-5 curry leaves
2-3 Tbs water
salt to taste

Method

1. Grind all the ingredients with a little water to a paste.
2. Serve it with rice, chapattis or dosas. Coconut chutney and can also be used as sandwich spread.

Ridge Gourd Chutney

Ridge gourd is very good for digestion and the peel provides fiber as well.

Ingredients

Serves 2

1 cup ridge gourd, peeled
1 tsp oil
1 green chilli
6-8 curry leaves
1 cup coconut, grated
2 tsp coriander leaves, chopped

1 marble-sized fresh tamarind or ¼ tsp tamarind concentrate
salt to taste

Seasoning

2 Tbs oil
1 tsp black mustard seeds
1 tsp black gram dhal

Method

1. Chop ridge gourd and the peel into small pieces.
2. Heat 1 tsp oil in a pan on low heat. Add the ridge gourd, peel, green chilli and curry leaves and fry for 2 minutes. Add the coconut and fry for a few seconds. Remove from the heat and allow to cool.
3. In a blender, blend the ridge gourd mixture with tamarind and salt and a little water.
4. Pour the chutney from the blender into a serving bowl.
5. Prepare the tempering by heating the oil over low heat in a heavy-bottomed pot. Add the black mustard seeds, and when they start to splutter add the black gram dhal and fry until it turns golden brown. Remove from the heat and allow to cool.
6. When the tempering has cooled pour it over the chutney and toss well.
7. Serve with rotis, chapattis, dosas or rice.

Mint Chutney

Ingredients

Serves 2

1 cup coconut, grated
1 bunch fresh mint leaves
1 red or green chilli
1 lime, juiced or 1 marble-sized tamarind or ¼ tsp tamarind concentrate
salt to taste
water

Method

1. Grind all the ingredients with a little water into a paste.
2. Serve with rice, chapattis or dosas.

Fried Mint Chutney

Frying the mint gives this chutney a crispy taste that comes out when the coconut and mint is fried and ground.

Ingredients

Serves 2

1 bunch fresh mint leaves
1 red or green chilli, chopped
1 cup coconut, grated
water
salt to taste
1 lime juice or 1 marble size tamarind or ¼ tsp tamarind concentrate

Method

1. Fry the mint leaves and chilli, without oil, until the mint leaves become dry.
2. Add the coconut and fry until light golden brown. Remove from the heat and allow to cool.
3. Grind the above mixture with salt and a little water.
4. If you are using tamarind, grind it with the fried mixture. If you are using lime juice, add lime juice after grinding

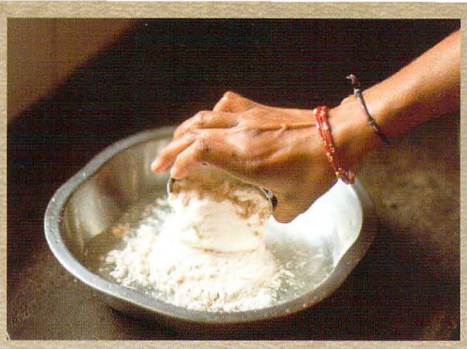
Serve fried mint chutney with rice, chapattis or dosas, and as a sandwich spread.

Steps To Making Perfect Chapattis

Step 1	Place one teaspoon of salt, ¾ cup of warm water into a bowl
Step 2	Add 1 tablespoon of vegetable oil or olive oil
Step 3	Add 2 cups of stone ground (whole wheat) flour. Indian grocery stores also sell flour especially for chapattis
Step 4	Knead the dough by hand until the ingredients are combined
Step 5	Now is the crucial moment to determine whether the dough needs more flour. If it still sticks to your fingers it will need a little more
Step 6	Knead the dough for at least five minutes, until it becomes smooth. It should still feel light and pliable, not dry or brittle
Step 7	Cover the dough with a lid and let sit in a warm place (room temperature) for at least 1 hour
Step 8	Then knead the dough a little and divide into 12 and roll into small balls
Step 9	Dip the balls into some flour before rolling out
Step 10	Roll the dough out and spread a small amount of oil onto the top
Step 11	Fold it in half and brush a little more oil on top. Then fold in half again
Step 12	Dip the folded dough into some flour before rolling out again
Step 13	Roll the dough out again
Step 14	Place the side facing you onto a dry hot pan and brush the edges lightly with oil
Step 15	When the chapatti begins to bubble up turn it over and cook until brown spots appear on the side facing the pan

Step 1

Step 2



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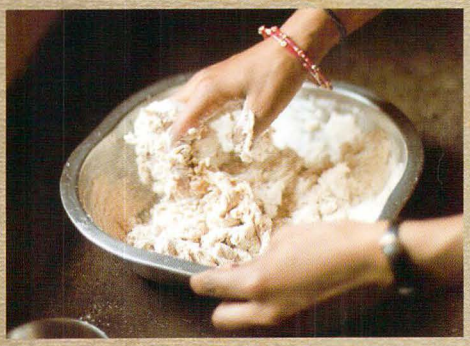

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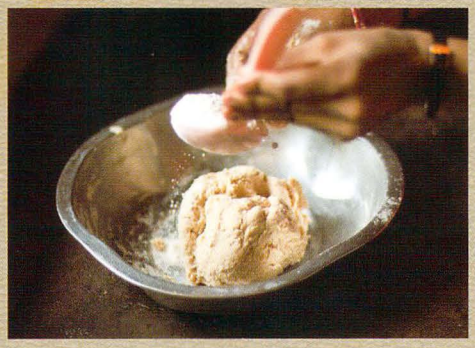


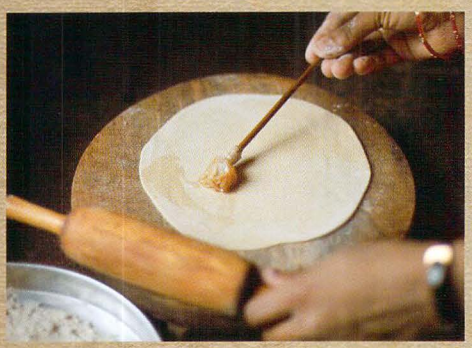
Step 5

Step 6

Step 7

Step 8

Step 9



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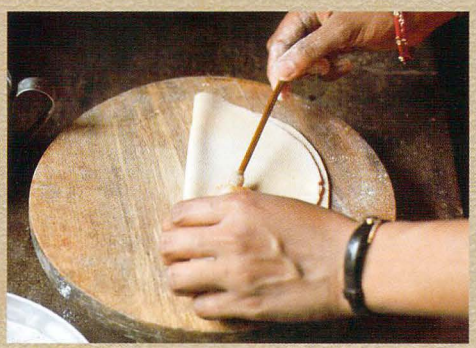

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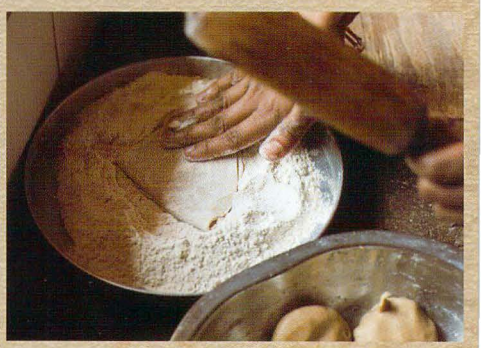


Step 12

Step 13

Step 14

Step 15

Chapattis

Chapattis accompany just about every meal in India.

Ingredients

2 cups stone ground flour
1 tsp salt
1 Tbs vegetable oil
¾ cup warm water (enough for a kneadable dough)

Method

1. Combine all ingredients and knead into a smooth dough. The dough is ready when it is not sticky any more and your fingers leave a smooth impression. It should feel soft and pliable.
2. Cover and let sit for 1 hour.
3. Before rolling out punch the dough and knead again.
4. Divide the dough into 10-12 balls, flatten lightly by hand and dip each ball into some more flour. Roll out into about 15 cm/6 in circles.
5. Lightly oil the top of the chapatti and fold over twice until you have a triangle. Lightly flour the topside and roll out again.
6. Heat a crepe pan or traditional Indian flat pan without oil on medium-high. When hot place a rolled out chapatti "right side" up onto the pan (the "right side" is the one facing you when you roll it out). When bubbles appear turn the chapatti over and cook until tiny brown spots appear on the side facing the pan.
7. Remove from pan and butter with ghee.

Sweet Pongal

This is a dish we sometimes have for breakfast as well as dessert. It also goes well with spicy Pongal. As a children we all loved this dish very much.

You can serve sweet dishes at any time in India, as well as for special and auspicious occasions.

Payasa, which is known as Kheer in North India, is an indispensable sweet dish. Well-known Indian payasas are Semiya (Vermicelli) Payasa, Rice Payasa and Green Gram Dhal Payasa.

You can use sugar, jaggery or honey to make any Indian sweets. The taste of jaggery is less sweet and more lightly flavored than sugar, and the taste is slightly different, whereas honey is sweeter than sugar and you will only need half as much.

Ingredients

Serves 4

½ cup green gram dhal (skinned & split)
1 cup rice, washed and drained
3-4 cups milk
1 cup jaggery or ½ cup sugar or honey
3-4 Tbs ghee
10-15 cashew nuts, halved
2-3 Tbs raisins
5-6 cardamom pods, crushed, discard husks
1 pinch clove powder
1 pinch nutmeg powder
¼ tsp saffron, soaked in ½ cup hot milk

Method

1. In a heavy-bottomed pot bring the milk to the boil. Turn off the heat.
2. Meanwhile, in another heavy-bottomed pot or pressure cooker fry the green gram dhal over low heat, without oil, for 2 to 3 minutes. Add the rice, pour in the hot milk, and bring to the boil. Lower the heat, cover with the lid and cook until the green gram dhal and rice become very soft, about 20-30 minutes with the lid on in a heavy-bottomed pot or 6 minutes in a pressure cooker. Set aside.
3. In another heavy-bottomed pot dissolve the jaggery or sugar in ¼ cup of water, over low heat. Stir until the syrup becomes slightly sticky, and then add to the cooked rice and the green gram dhal mixture. If using honey just add without water or cooking.
4. Heat the ghee in a small pan. Fry the cashew nuts and raisins over a low heat until the cashew nuts turn golden brown. Remove from the heat and add the cashew nuts, raisins and ghee to the rice and green gram dhal mixture. Mix well and cook for a few minutes.
5. Add the cardamom, clove powder, nutmeg powder, and soaked saffron along with the milk. Cook on low heat for a few more minutes.
6. Mix well and serve hot.

Carrot Halwa

Indians are very fond of sweets and have found ways to create sweet dishes from many pulses and vegetables. Carrots are naturally sweet and lend themselves perfectly to be eaten as a dessert. This is a rich and wonderful dish and carrot can also be substituted with beetroot.

Ingredients

Serves 4

500 g (17 oz) carrots
4 Tbs ghee
1 l (34 fl oz) milk
1 cup jaggery or ½ cup sugar or honey
6-8 cardamom pods, crushed, discard husks
¼ tsp saffron, soaked in ½ cup hot milk
10-15 flaked almonds
10-15 cashew nuts, halved

Method

1. Bring the milk to the boil in a heavy-bottomed pot over low heat. Turn off the heat and set aside.
2. Meanwhile, wash, peel and grate the carrots.
3. Heat the ghee over a medium heat in a heavy-bottomed pot. Add the carrot and fry for a few minutes. Lower the heat, add the boiled milk and cook for about 15-20 minutes, until the carrot becomes very soft, stirring frequently.
4. Add the jaggery, sugar or honey. Mix well and cook until the mixture thickens, about 15-20 minutes. Add the cardamom, and soaked saffron along with the milk. Continue to cook until the mixture thickens again.

Garnish with the almonds and cashew nuts.

Serve hot or chilled.

Rice Payasa

In India we consider basmati to be the Queen of all rice. The main reason is that it has a wonderful rich aroma. It is easy to digest and gives the body a light feeling.

I prepare this dish for yogis, who are meant to have one light meal each day. I serve this at night as it is easy to digest and prepares the body for the next morning's practice.

Ingredients

Serves 4

1 cup basmati rice
1 l (32 fl oz) milk
½ cup jaggery or ¼ cup sugar, or honey
2 Tbs ghee
2-3 Tbs cashew nuts, halved
2-3 Tbs raisins
10 cardamom pods, crushed, discard husks
10-20 almonds, finely chopped
¼ tsp saffron, soaked in ½ cup hot milk

Method

1. Soak the basmati rice in the water for 5-6 hours, then drain and set aside.
2. In a heavy-bottomed pot or pressure cooker, bring the milk to the boil. Lower the heat, add the soaked rice and cover with the lid. Cook for 30 minutes in a pot or 6 minutes in a pressure cooker, until the rice has become very soft. Check the consistency and if it has become very thick, add another cup of milk.
3. Add the jaggery, sugar or honey. Mix well and leave to cook over a low heat while preparing the cashew nuts and raisins.
4. Heat the ghee in a frying pan. Fry the cashew nuts and raisins over a low heat until the cashew nuts turn golden brown. Remove from the heat and add the cashew nuts, raisins and ghee to the rice mixture. Mix well
5. Add the cardamom, almonds, and soaked saffron along with the milk and mix well again.

Serve hot or chilled.

Semiya (Vermicelli) Payasa

This dish is especially prepared during festivals. On the day of the festival, it is eaten first before the rest of the food such as rice sambar, lime etc. It can be consumed hot or cold. Semiya payasa is also a favorite dish for many children and as it is easy and quick to prepare we serve it when there is not much time to cook a dessert.

Ingredients

Serves 2

2 l (68 fl oz) milk
2 Tbs ghee
2-3 Tbs cashew nuts, halved
2-3 Tbs raisins
1 cup semiya (vermicelli)
½ cup jaggery or ¼ cup sugar or honey
10 cardamom pods, crushed, discard husks
10-20 almonds, finely chopped
¼ tsp saffron, soaked in ½ cup hot milk

Method

1. Bring the milk to the boil in a heavy-bottomed pot and keep over a moderate heat, uncovered, until it is reduced to one liter. Now lower the heat and allow to simmer.
2. Heat the ghee in a frying pan. Over a medium heat, fry the cashew nuts and raisins until the cashew nuts turn golden brown, then remove from the pan and set aside.
3. In the same ghee, fry the vermicelli until it turns golden brown. Add the vermicelli to the simmering milk, along with the ghee, and cook over a low heat for 15 minutes until it becomes soft and the payasa begins to thicken.
4. Stir in the jaggery, sugar or honey, cashew nuts and raisins, crushed cardamom, almonds, and soaked saffron along with the milk, and mix well.

Remove from heat. Serve hot or chilled.

Green Gram Dhal (Yellow Lentil) Payasa

This dish seems to be unusual for Westerners due to the lentils being used as a sweet rather than a savory. In India we use lentils in our diet because it is rich in protein, more so than any other plant-derived food. In South India we use tuvar dhal for our protein and fiber requirements, hence it is used in everyday meals such as sambar. Yellow lentils cannot be used in sambar and therefore we use it in dishes such as payasas.

This particular dhal has a cooling effect on the body during summer. In one way or another we use a variety of dhals in our diet to get the benefit of protein, fiber, starch, B-complex, iron, potassium, zinc and other essential minerals.

Ingredients

Serves 4

1 cup green gram dhal (skinned & split)
4-5 cups water
2 cups milk
2 Tbs coconut, grated
10 cardamom pods, crushed, discard husks
¼ cup jaggery or 2 Tbs sugar or honey
2 Tbs ghee
2-3 Tbs cashew nuts, halved
2-3 Tbs raisins

Method

1. Place the green gram dhal and the water in a heavy- bottomed pot or pressure cooker. Bring to the boil, then lower the heat, cover with the lid and cook until the green gram dhal becomes soft, 15-20 minutes in a pot or 3-4 minutes in a pressure cooker.
2. Stir in the milk and mix well, then add the coconut, cardamom and jaggery, sugar or honey. Mix well again and leave to cook over a low heat while preparing the cashew nuts and raisins.
3. Heat the ghee in a frying pan. Fry the cashew nuts and raisins over a low heat until the cashew nuts turn golden brown. Remove from the heat and add the cashew nuts, raisins and ghee to the dhal mixture. Mix well.

Serve hot or chilled.

Kesari Bhath (Semolina Pudding)

Kesari Bhath is one of South Indian's favorite breakfast dishes. We consume it with rava uppittu and it is also very much loved by children.

Ingredients

Serves 2

4-5 Tbs ghee
1 cup semolina
3 cups milk
jaggery, sugar or honey to taste
4-5 cardamom pods, crushed, discard husks
¼ tsp saffron, soaked in ½ cup hot milk
10-15 Tbs cashew nuts, halved
1-2 Tbs raisins

Method

1. Heat 1 Tbs of the ghee in a frying pan and fry the semolina, stirring frequently, until golden brown. Remove from the heat and set aside.
2. Bring the milk to the boil in a heavy-bottomed pot over a low heat. When the milk starts to boil lower the heat, add the semolina, stirring continuously so that the mixture does not stick to the bottom of the pot and burn. Allow to cook for a couple more minutes, stirring all the time.
3. Add the jaggery, sugar or honey, cardamom, and soaked saffron along with the milk. Mix well and leave to cook over a low heat while preparing the cashew nuts and raisins.
4. Heat the rest of the ghee in a frying pan. Fry the cashew nuts and raisins over a low heat until the cashew nuts turn golden brown. Remove from heat and add the cashew nuts, raisins and ghee to the semolina mixture. Mix well.

Serve hot or chilled.

Banana Rasayana

This dish also goes well with spicy savory dishes. In Mysore, we make a variety of fruit salads. These are called rasayana. Some of the most popular are Banana Rasayana, Mixed Fruit Rasayana and Mango Rasayana. Mixed Fruit Rasayana has the most energy.

In South India, Banana Rasayana and Sweet Pongal are served in Temples.

Ingredients

Serves 4

1½ kg (3 lb) bananas, sliced
1-2 Tbs coconut, grated
4-5 cardamom pods, crushed, discard husks
jaggery, sugar or honey to taste

Method

1. Place the bananas into a serving bowl. Add the coconut, cardamom, and jaggery, sugar or honey. Mix well.
2. Chill for 10-15 minutes.

Serve in individual bowls.

Mixed Fruit Rasayana

As bananas are plentiful in India throughout the whole year, it is one of our favorite foods. This particular rasayana we love to eat with banana as the main fruit as it adds so much flavor. If some fruits are not in season, you can also use guava, grapes, melon and any seasonal fruit available. Sweet limes are similar to grapefruit and you can substitute oranges as well.

Ingredients

Serves 4

1 kg (2 lb) bananas, sliced
250 g (8 oz) papaya, chopped into small cubes
2 apples, chopped into small cubes
3 sweet limes or 2 oranges, peeled and chopped into small cubes
90 g (3 oz) green or black grapes
1 pomegranate, peeled and cleaned
2 mangoes, chopped
1 cup coconut cream
jaggery, sugar or honey to taste

Method

1. Place the bananas into a serving bowl.
2. Add the papaya, apples, sweet limes or oranges, grapes, pomegranate, mango pulp and coconut cream. Add jaggery, sugar or honey to taste and mix well.
3. Chill for 10-15 minutes. Serve in individual bowls.

Mango Rasayana

Here the mangoes need to be very ripe so that the pulp is juicy and soft.

Ingredients

Serves 4

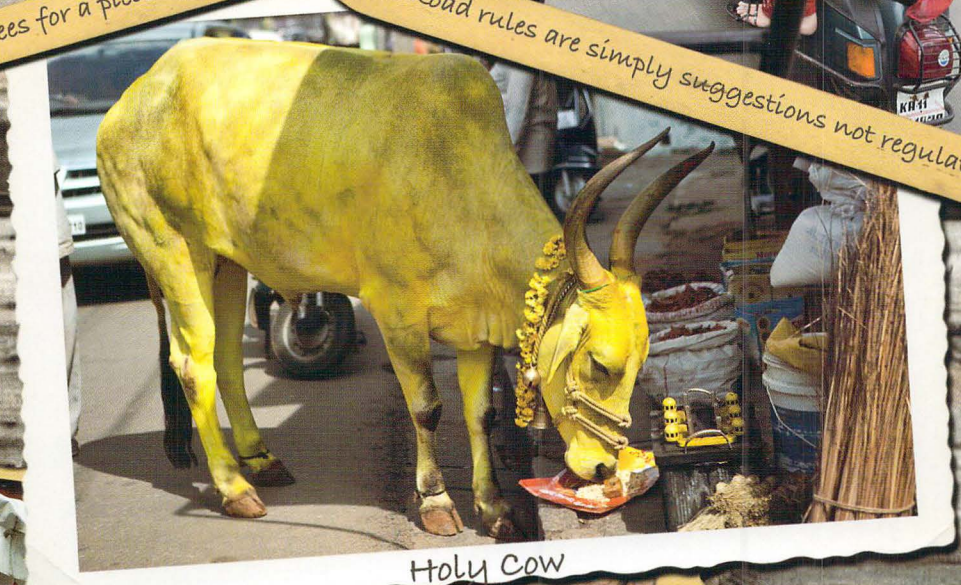
5 mangoes
10-15 cashew nuts, halved
3 Tbs raisins
4 cardamom pods, crushed, discard husks
¼ tsp saffron, soaked in ½ cup cold milk
jaggery, sugar or honey to taste

Method

1. Remove the pulp from the mangoes and chop into small pieces. Put into a serving bowl and set aside.
2. Fry the cashew nuts and raisins in a small frying pan, without oil, until the cashew nuts begin to brown. Cool and add to the mango pulp. Add the cardamom, soaked saffron along with the milk and the jaggery, sugar or honey and mix well.
3. Chill for 10-15 minutes. Serve in individual bowls.

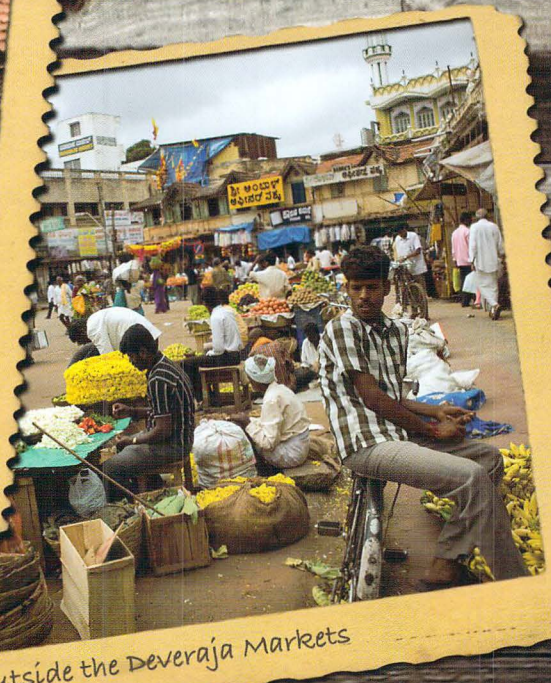
2 Rupees for a piece of ginger 5 Rupees for a photo

Road rules are simply suggestions not regulations

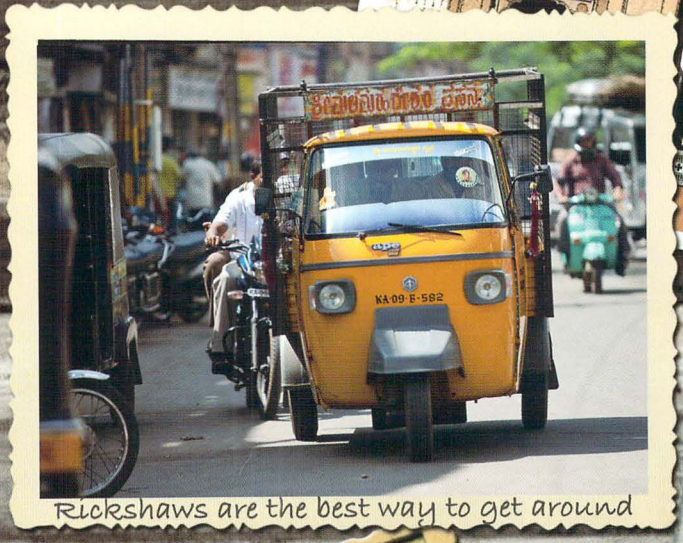


Holy Cow

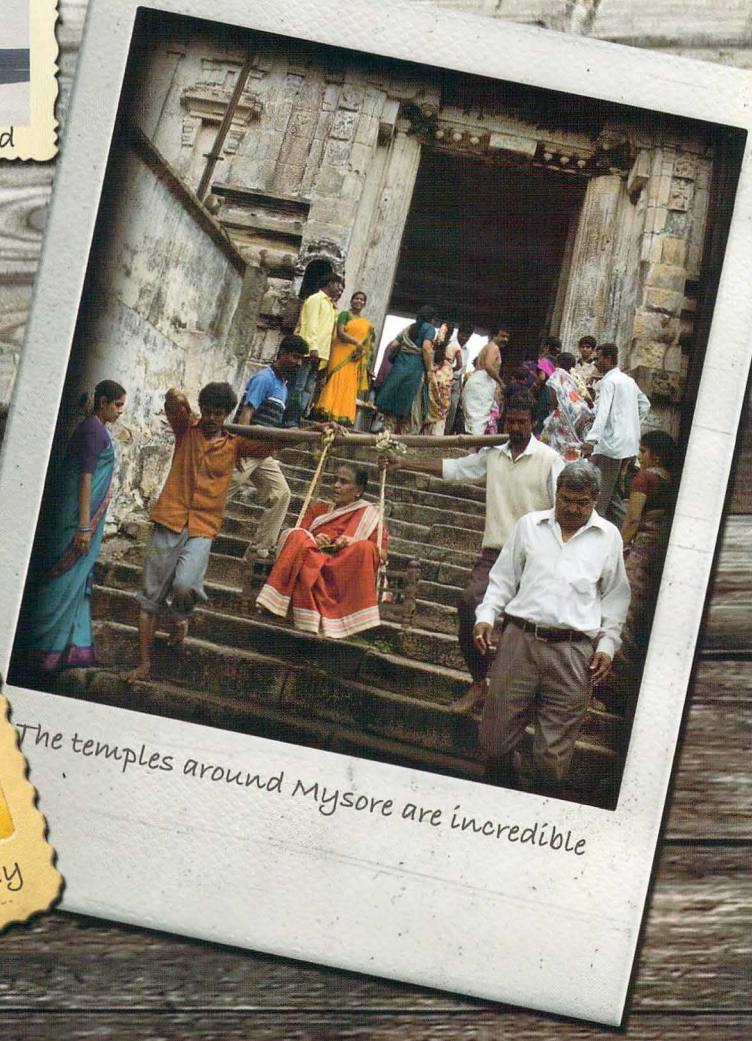
Another reason to become a vegetarian



Outside the Deveraja Markets



Rickshaws are the best way to get around



The temples around Mysore are incredible

Mr Joseph's favorite Papaya Lady

Mysore

by Renuka Shashidhar

Mysore is a rich heritage city. For many centuries it was the capital of the Mysore Kingdom, which was ruled over by the Wodeyar Kings. There are a number of heritage buildings in Mysore, including museums, art galleries, sacred temples and magnificent palaces. The palaces are the reason Mysore is also known as the City of Palaces. One of these, Mysore Palace, a world famous and popular tourist attraction.

Mysore is rich and vibrant in its culture and tradition. Art, music, dance, yoga and the celebration of festivities are a cultural legacy that have been passed down through generations. Mysore art works include handicraft, weaving, rosewood-inlay work, sandalwood-ivory work and a unique style of painting know as the Mysore painting style. The world- famous music, Carnatic music, originated in Mysore.

The practice of yoga has always been encouraged by generations of the Royal family of Mysore, by installing yoga teachers at the Palace and setting up yoga shalas for the public. This farsightedness of the King, in sharing the secrets of yoga, has benefited countless students of yoga throughout the world. Krishnamacharya, B.K.S. Iyengar and Pattabhi Jois are three true masters of yoga,and they are all native to Mysore.

Mysore is famous for its special silk fabrics. The traditional costume of women — the saree — is made with silk which has silver and gold thread woven into the borders; this unique silk is known as 'Mysore Silk'. The traditional costume of men is a dhoti-like garment, worn with a long, black coat and the traditional turban called a 'Mysore Peta'.

Bharatanatyam is one of the oldest dance forms in India, and the Mysore style is very popular. Folk dances are also performed during festivals, fairs and religious occasions, which are celebrated with enormous enjoyment by the local tribes and communities.

The world-famous Dasara is the festival which celebrates the power of women. The Royal family of Mysore performs puja (prayer) to the Goddess Chamundeshwari in the Chamundi temple, which is located at the top of Chamundi Hills. The idol of the Goddess is placed on the Golden mantapa, on top of a decorated elephant. This is followed by the traditional Dasara Procession through the streets of the city. Mysore has inherited this culture and tradition, and Mysorians continue to pass it on from generation to generation.

The cuisine of Mysore specializes in special dishes and spices. One popular sweet dish is 'Mysore Pak'. Another speciality is the dosa known as the 'Masala Dosa'.

The *Mysore Style* Cookbook has a selection of unique vegetarian Mysore dishes. With her decades of experience, Ms. Sandhya has developed a cooking style specializing in sattvic food for yogis; this is a unique blend of traditional cooking and sattvic guna. The recipes shared here are cooked in every household in Mysore; it is a way of life and nature of this soil that in Mysore every meal is freshly prepared by the mother or lady of the house, for the benefit of everyone's health.

Glossary

Asafetida	It has a strong onion-garlic flavour which enhances many dishes; it is especially useful where onions and garlic are prohibited. It is used in many lentil dishes, vegetarian soups and pickles. Healing properties include relieving respiratory conditions such as asthma, bronchitis and whooping cough, reducing cramps and as an antidote for flatulence.
Bay Leaves	The dried leaves of the bay tree. A good source of vitamins A and C. Healing properties include reducing flatulence, other digestive disorders and respiratory disorders.
Bengal Gram Dhal	Also known as channa, chole, chickpeas and garbanzo beans. This dhal comes whole or split.
Black Gram Dhal	Also known as urad dhal, urid dhal or black lentil. This dhal comes whole, split and split and skinned. The skinned and split kind are also known as white lentil.
Black Mustard Seeds	Used frequently in tempering. Healing properties include helping reduce the severity of asthma, rheumatoid arthritis and migraine.
Black Peppercorns & Ground Black Pepper	A powerful digestive stimulant, cleanses the alimentary canal. Its healing properties include calming the mind.
Bottle Gourd/Ash Gourd	A summer vegetable with a light green smooth skin and white flesh, shaped like a waisted bottle. They can generally be found at local fruit and vegetable markets.
Brinjal	Eggplant or aubergine.
Buttermilk	The slightly sour, residual liquid which remains after milk is churned into butter. It has more lactic acid than skim milk and is low in fat. It is more easily digested than milk.
Cardamom, Seeds, Pods & Powder	One of the Ayurvedic spices, helping to balance the doshas and enhance the metabolism. Stengthens and harmonizes the circulation. Useful as an expectorant in colds and flu and as a pain reliever for toothache.
Channa Dhal	Another name for split bengal gram dhal.
Chapatti	A thinner form of roti.
Chilli, Green & Red	Stimulate the digestive juices and increase the flow of saliva, to aid digestion of starchy foods. Healing properties include soothing the symptoms of lumbago, neuralgia and rheumatism.
Chow-chow	Also known as choko, a member of the gourd family (the family of melons, cucumbers and squash)
Cinnamon	One of the Ayurvedic spices, helping to balance the doshas and enhance the metabolism. Strengthens and harmonizes the circulation. Useful as an expectorant in colds and flu and as a pain reliever for toothache.
Cloves, Whole & Powder	Healing properties include being an effective stimulant for the lungs and stomach. Promotes enzymatic flow and improves digestive disorders.

Coconut	The fresh flesh of the coconut; can be purchased frozen at Indian grocery stores.
Coriander Seeds & Powder	Recognized by Ayurveda as an aid to enhancing digestion and thus alleviating the root cause of allergies.
Coriander	The fresh leaves are used as a garnish. Healing properties include reducing fever, aid to digestion and treating colds.
Cumin Seeds	One of the Ayurvedic spices, helping to balance the doshas and enhance the metabolism. Ayurveda recognizes this as a cooling spice. Its healing properties include aiding digestion and flushing toxins out of the body.
Curd	Natural fermented yogurt. In India buffalo milk, which has a higher fat content, is used.
Curry Leaves	Used in many of the recipes in this book. Healing properties include skin care, hair care and aid to digestion.
Dhal	Lentils
Dill Seeds	Healing properties include reducing digestive problems and flatulence.
Dill	The fresh leaves are used as a garnish. Healing properties include aid to digestion. Uses for the seeds are listed under Spices.
Dosa	A crisp, savoury pancake made from ponnie rice and dhal (lentils), served with different fillings.
Drumstick	The immature, green pods of the moringa tree, a common tree in India. Known for its antibacterial and cleansing properties.
Fennel Seeds	Ayurveda recognizes this as a cooling spice. Its healing properties include aiding digestion; in India eating a few fennel seeds after a meal is a common practice.
Fenugreek seeds	Recognized as an aid to digestion, it also lowers blood pressure. Its healing properties include relieving congestion, reducing inflammation and fighting infection.
Fenugreek	Leaves are used, both fresh and dried, in meat curries, dhal and vegetable dishes, and chutneys. Uses for the seeds are listed under Spices.
Ghee	Clarified butter, liquid and gold in color. It is butter from which the milk solids have been removed through a process of heating and straining. Used extensively in Ayurvedic massages and healing.
Ginger Root	Ueful in digestive and respiratory diseases and as a pain reliever for arthritis. Its healing properties include clearing chest and nasal congestion.
Gojju	A thick dipping sauce or soup, often tomato-based.
Green Gram Dhal	Also known as green soya, moong dhal, mung beans and yellow mung dhal. Used whole, split or skinned & split, or the beans can be sprouted. Recipes in this book use skinned & split or sprouted.

Halwa	A sweet pudding made with vegetables such as carrot and beetroot.
Jaggery	Made by boiling raw sugar cane, which forms into blocks when cool. If it is unavailable, you can substitute brown sugar or honey; however the taste of jaggery is less sweet and more lightly flavored than sugar, and the taste is slightly different. Honey being sweeter than sugar, you will need to use only half the amount.
Khesari Bhath	A kind of semolina pudding.
Khichadi	(see under Pongal)
Knol Khol	Also known as kohlrabi or german turnip. Although a member of the cabbage family, the swollen stem resembles a turnip. In some recipes daikon radishes or turnip can be substituted.
Lady's Finger	Also known as okra. A member of the mallow family, with edible green fruit.
Marathi Moggu	Healing properties include aid to digestion and prevention of diarrhea. Traditionally used in India as a treatment for scurvy. They are from the caper family and as a substitute dried capers can be used.
Mint Leaves	Used in some chutneys, sambar and rasam dishes. Healing properties include aid to digestion and reducing flatulence.
Mung Beans	(see Green Gram Dhal)
Nutmeg	Healing properties include relieving digestive disorders, insomnia, dehydration and the common cold.
Palya	A vegetable dish made with coconut and spices.
Payasa	A thick sweet pudding, which can be based on semiya (vermicelli), rice or dhal (lentils).
Podimas	A thick, vegetable dish.
Pongal	A dish made with rice and green gram dhal (yellow lentils), known as Pongal in South India and Khichadi in North India. It can be savory or sweet.
Poppy Seeds	Beneficial in treating all kinds of nervous disorders. Healing properties include alleviating symptoms of asthma and whooping cough.
Pulav	A rice-based dish, known as Pilaf or Pilau in the West.
Raita	A yoghurt-based dip or sauce.
Rasayana	A variety of fruit salads. Some of the most popular are Banana Rasayana, Mixed Fruit Rasayana and Mango Rasayana. Mixed Fruit Rasayana has the most energy.
Rava	Semolina, which is a by-product in the milling of flour.
Red Gram Dhal	(see Tuvar Dhal)

Rice	There are many types of rice; this book uses raw rice, basmati rice, broken rice and ponnie rice as well as pounded rice. Raw rice is used for its nutritional value, as opposed to white rice (also called polished rice) which has been scoured to remove its husk, bran and germ. The rice cooks faster, but the nutrient value is reduced. Ponnie rice is used for the dosa recipes; if ponnie is not available arborio rice can be used instead. Pounded rice is rice which has been pounded flat into flakes and can be purchased at any Indian grocer. Broken rice is simply rice that has been broken during the milling process. When cooked, it has a different texture to whole rice.
Roti	A flat unleavened bread made of whole wheat flour and water.
Sabbakki	Tapioca; in this book the pearled kind is being used. Tapioca is gluten free and used as a thickening agent due to its starchiness.
Saffron	One of the Ayurvedic spices, helping to balance the doshas and enhance the metabolism.
Sambar	A spicy, lentil-based stew or chowder.
Semiya	A type of vermicelli, very thin (Italian for 'little worms').
Sesame Seeds	Contain unique substances known as sesamin and sesamolin which are known to be extremely good for overall health and well-being. Unhulled (unpolished) sesame seeds are more nutritious than hulled (polished).
Snake Gourd/Ridge Gourd	Also known as lufa. A summer vegetable with a dark green, ridged skin and white flesh. Shaped like a cucumber, it can grow as long as 150cm.
Sweet Limes	Also known as sweet limetta or sweet lemon. Grapefruit or oranges can be substituted.
Tamarind	The fruit of the tamarind tree. The flesh is sour and acidic and it is suggested that ½ teaspoon of tamarind concentrate be used in place of a 2½ (1 in) piece. If preferred, lime or lemon juice can be substituted, if this will work in a particular recipe.
Tempering	This is a basic seasoning, made with a variety of herbs and spices and heated in a pan.
Tuvar Dhal	Also known as toor dhal, red gram dhal and yellow lentils. The main ingredient in sambar, the whole bean has an orange skin and yellow inside. Usually sold skinned & split.
Turmeric Powder	One of the Ayurvedic spices, helping to balance the doshas and enhance the metabolism. Ayurveda recognizes this as a heating spice, contributing bitter, pungent and astringent tastes. Its healing properties include detoxifying the liver, fighting allergies and as a natural antibiotic and antioxidant.
Yellow Mung Dhal	(see Green Gram Dhal)

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Please visit the website at

www.mysorestylecooking.com

We are very proud of you for this great achievement in life. And we are sure you will continue throughout. We also thank all those yogis who have recognized your talent and been a part of your success. May god give you all the strenght and support you need along this beautiful journey.

With love & care

Your son and daughter-in-law

Kiran & Neethu